

good food

Middle East

FINGER LICKIN' GOOD

Master the grill with
barbeque favourites

SUNNY SIDE UP

Make Mother's
Day special with
brunch in bed

WIN!

DINING
VOUCHERS AND
GOURMET
HOTEL STAYS



WEEKEND ESSENTIALS

Bhaji burgers • Butterscotch
banana pie • Prawn one-pot
• Leek & butter bean soup •
Sticky hoisin steaks

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ST REGIS
DUBAI

A journey through Morocco

Wind your way through the authentic streets of Morocco as you explore the flavours and grandeur of Le Patio's Tagine Maghrebi night. The creative chefs combine rich spices with fresh ingredients to create a colourful masterpiece to enjoy alongside the sights and sounds of traditional live music.

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www.stregisdubai.com*



LE PATIO

Le Patio - The St. Regis Dubai
Al Habtoor City, Sheikh Zayed Road, PO Box 124405, Dubai, United Arab Emirates

Welcome to March!

After such a rare wintry February in the Middle East, we welcome March with lots of al fresco dining and barbequing to do before the heat of summer swings in. This month's 'BBQ issue' is full with flavoursome recipes to enjoy outdoors.

Tired of always serving the standard burger? Why not mix things up and surprise your guests with a bhaji burger (*Twice as nice*, p29), or a spicy lamb keema pau (*Food with soul*, p30) – a popular Indian street food burger, a bit like a Sloppy Joe with a twist – and a fried egg on top.

While you're at it, why not try experimenting with different cuts of meat? Secondary cuts are often forgotten about, but offer so much more flavour than the popular fillet cut. Learn more on page 42, where we take a look at the distinct characteristics of a variety of favoured steaks.

This month, we also celebrate Mother's Day on March 26, and what better way to show your mum how much you appreciate her than with a delicious meal. Find gourmet gifting ideas on page 81, or a get your mixing bowl out and pick from a selection of our favourite biscuits on page 74 (*Bake biscuits for Mum*).

Paired with *BBC Good Food Middle East* this month you'll find your free copy of the 2017 Spring/Summer Brunch Guide, which highlights must-try brunches from across the city. I hope it lends inspiration for when you're next on the lookout for a new brunch to try.

Whether brunching or barbequing the month, have a fabulous time enjoying great food!

Until next month,



Sophie
Editor

WHAT WE'RE LOVING!



"These Mediterranean turkey-stuffed peppers are lean, simple to make and utterly delicious," says sales executive, Liz.



Sales director, Michael says: "If you're a fan of a bit of heat, this Mexican chicken tortilla soup is full of flavour and a definite must-try!"



"If you're watching your pennies, these paneer-stuffed pancakes are cheap to make, easy and really satisfying," says graphic designer, Froilan.



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Our recipe descriptions

V Suitable for vegetarians.

❄ You can freeze it.

❄ Not suitable for freezing.

Easy Simple recipes even beginners can make.

A little effort These require a bit more skill and confidence – such as making pastry.

More of a challenge Recipes aimed at experienced cooks.

Low fat 12g or less per portion.

Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

Good for you Low in saturated fat, low in salt.

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.

Vit C **Iron** **Omega-3** **Calcium** **Folate** **Fibre**

Indicating recipes that are good sources of useful nutrients.

GLUTEN FREE Indicates a recipe is free from gluten.

Some recipes contain pork & alcohol.

These are clearly marked and are for non-Muslims only. Look for these symbols:

P Contains pork.

A Contains alcohol.



My kids absolutely love Pancake Day (you'd think it was Christmas morning all over again in our house by the way they behave...). But, I have to admit pancakes just don't do it for me sadly. Last month's issue featured a variety of different ways to make pancakes and I can't thank you enough for giving Pancake Day a makeover for me. The dosa was my favourite. Please keep the innovative recipes coming!

Nancy Bromcey



I moved to Dubai five months ago and have bought your magazine every month. I'd just like to say how that I love the restaurant recommendations. Being new to a city with so many restaurants it's hard to know where to start – but everything we've tried to far (all as per your recommendation) has been great! Especially Coya....

Nikki Bates



Win!

The Winner of the Star Letter gets a **DHS 1,000 Shopping Voucher from Tavola**, The leading retailer of European products and essential items for kitchens. Tavola is a one-stop shop for bakeware, tableware, high quality cookware and premium brands such as Mauviel, Le Creuset, and Zwilling Kitchen knives. They have stores in the UAE and Qatar, as well as across the GCC.

STAR LETTER





I have to admit that your February issue has been one of my favourite edition's to date. The cover was totally different from what you usually go for, and it really jumped out at me on the stand (probably because I'm a big lover of oysters!). Thank you for recognising that Valentine's Day isn't just about chocolate fountains and heart-shaped cookies. There are so many other special ingredients that really highlight the holiday – and the February issue really showcased that. Thanks BBC Good Food ME! Keep it up!

Sally Drinkwater



TALK TO US!

Email us on feedback@bbcgoodfoodme.com with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on:     @bbcgoodfoodme

Or, you could write to us at: The Editor, BBC Good Food Middle East. Grosvenor Business Tower, Barsha Heights, Office 804 PO Box 13700, Dubai, UAE.



LIVE
ENTERTAINMENT
FROM MOJO DUO
DJ IN HARVESTERS
3 to 6



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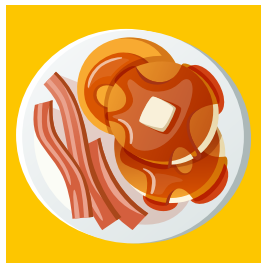
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EVERY
FRIDAY
1 PM TILL 4 PM



LIVE STATIONS
FROM OUR 13
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AND BARS



AED 250
inclusive of soft drinks and juices
AED 350
inclusive of house beverages
AED 395
Inclusive of Bubbly



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VARIETY
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NEWS *nibbles*

What's hot and happening in the culinary world, here and around the globe.



MEAT TIME



Chef Reif Othaman of PLAY Restaurant and Lounge and The Experience, plus executive chef James Knight-Pacheco of Vida Downtown Dubai, answer your meaty questions:



What's your favourite cut of meat?

Reif: For me, brisket, rump or ribeye cap.

James: Secondary cuts, like beef rib, or brisket. I also love to use chicken thigh, as it stays moist and juicy.

What's your secret to optimum BBQ grilling?

Reif: The temperature of the charcoal, and the heat of the grill.

James: Marinating the meat overnight. There's a huge difference in flavour if meat has been marinating for over 12 hours.

Do you have a special ingredient that you use in your marinade?

Reif: Not at all, BBQ cooking is very simple and straight forward. Depends on how you want the beef to work for you. Certain cuts of the beef just need to season with salt and pepper, and it's enough. Some need more effort into it like marinating in brine, or cure in coffee bean / soy base etc.

What heat should I keep the BBQ at?

James: Most importantly, when cooking on any barbeque, the heat should not be aggressive, the charcoal or wood should almost be a grey colour, then it is ready for the meats. The point is if you cook with high flames, the meat or fish will taste burnt – which is wrong. You should be cooking the meat on slow burning embers, in order to maximise the flavour.

THE BEST BITES

HOW TO: GRILL FISH



Love fish on the BBQ, but having trouble perfecting your technique? Head chef Amine Lahlou from the al fresco venue La Cala, shares his top tips:

Two ways of grilling fish on the BBQ – With fish freshness is key, and grilling it the same day you buy it is a must for me. Always keep the skin on as this will help maintain the flavour – it's also practical so the fish doesn't stick to the grill. I'm passionate about cooking outdoors so for me the best way to grill fish is either on charcoal or in a wood oven, lightly seasoned with salt and pepper and given a generous oiling. Garlic and parsley are also brilliant for adding flavour to grilled fish.

Stop fish sticking to the BBQ – Keeping the skin on fresh fish will help the fish from sticking to the grill. Charcoal grilling is always the best way to grill fish in my opinion. Fire the charcoal until you have a solid foundation of ash, which you can collect on one side of the grill. Brush the fish nicely with olive oil, and do the same to the grill, this will ensure that the sticking that often happens is prevented. Using a protective fish holder will also ensure you protect the structure of the fish

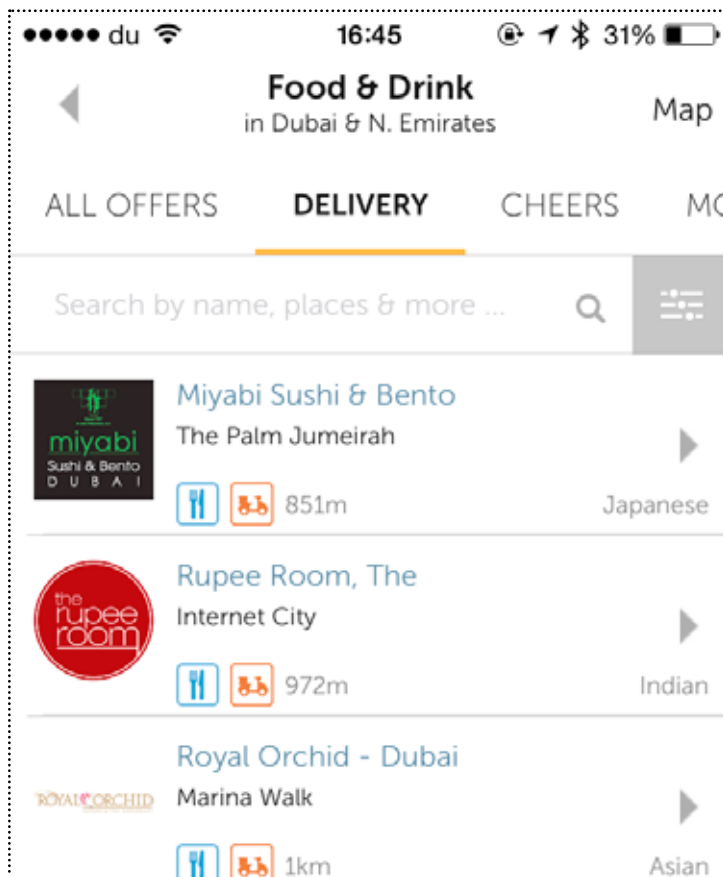
Two marinades to use with fish on the BBQ – I love to do my fish as kebabs as they not only look great but are easy to grill. I try to source unique marinades with Asian or Mediterranean flavours as they bring out the best flavours of fish. For an Asian marinade I create a fusion of soya and plum sauces with my star ingredient, sesame oil. Then I add chilli oil, garlic, fresh ginger, and a touch of red chilli for a spicy kick. For the Mediterranean marinade I use chopped tomatoes with olive oil, combined with parsley and coriander, a generous helping of garlic, smoked paprika and lemon juice.

Want to know more, visit chef Amine at La Cala, Ghantoot Marina & Resort, Ghantoot, Abu Dhabi. Contact info@lcalabeach.com | 050-1518407.

WONDERFULLY WHEAT-FREE



A new range offering wheat-free alternatives has launched at Marks & Spencer. In stores now, the 'Made Without' line includes goodies like pasta, tortillas, biscuits and cakes. Whether baking at home with the family, creating a delicious mid-week pasta meal or treating yourself to something sweet, the Made Without range makes it even easier to follow a wheat-free lifestyle. From coffee and walnut cake (Dhs34) to the four nut and flame raisin granola (Dhs23) – there's a delicious selection to choose from.



DEALS TO YOUR DOOR

Fan of the Entertainer app? Well, we have good news. If you've purchased the Dubai APP 2017 you're now able to have food orders delivered straight to your door – with restaurants like Miyabi Sushi & Bento, S'wich, and Pizzaly included. And best of all, because it's through the Entertainer, everything is 2-for-1. To order, simply head to the new 'delivery' tab on the 'food & drink' category of your app.



AUSTRALIA'S BEST

Highlighting the finest seasonal fruit and vegetables from Australia, the 'Now! In Season' horticulture campaign was recently launched across Spinneys and Waitrose stores, to see premium quality produce retail in the outlets. The new initiative is aimed at promoting Australian fresh fruits and vegetables at their peak quality and availability. So this month, you know where to head for your juicy grapes and summer stone fruits such as plums, nectarines, apricots and peaches. From April to June, go for the pears, and from May to July, apples are the top pick. Citrus fruits such as oranges are available from August to October, while Australian vegetables are available throughout the year due to national production.

HEALTHY MADE EASY

There's a new delivery service in town – all geared up to keep things convenient, and more importantly, healthy. Offering bespoke wellbeing programs to get you on the right track, the health co.'s services are tailor made. Once signed up, you'll receive a full health analysis, including a physical exam and in-depth medical questionnaire, to determine individual requirements. Delivered to your door each morning, meal plans start from Dhs2,999 per month – but vary on package selection and duration. From detoxing, losing weight and rejuvenating, to bulking up – there are options for everyone, including those with diabetes and other dietary requirements. See thehealthco.ae.



Top product picks



Go on, you know you want to hop on the raclette bandwagon. How adorable is this Boska Partyclette Mini Raclette Grill? It's non-stick and comes with three tea light candles. Priced at Dhs155 from Lakeland stores.

Live in an apartment and can't have a BBQ? No worries! This Mini Griddle has you covered. From burgers to pancakes, this little guy is easy to use and offers convenient storage. Priced at Dhs100 from Lakeland stores.



Simply insert this SteakChamp Meat Thermometer into your meat and it'll tell you if it's done the way you like it. Rare, medium or well done? Priced at Dhs199 from Tavola stores.





DUKESY FAMILY BEACH BRUNCH

EVERY FRIDAY

AED 195 for Adults | AED 97.50 for kids age 6-11
Activities from 10am - 6pm | Brunch from 1pm - 4pm



West 14th | Oceana Beach Club | Palm Jumeirah
Call 04 447 601 or email reservation@west14th.ae
Terms and Conditions apply | Prices are inclusive of 10% service charge and 10% municipality fee.



Flavours of the *month*

Here is what's hot and happening around town this month.

New on the block

► Publique Dubai, Souk Madinat Jumeirah

Launching this month, Publique is brought to us by Gates Hospitality, the F&B talent behind The Ultra Brasserie, Reform Social & Grill, The Black Lion, Bistro Des Arts, and newly opened Folly. Fusing a vibrant bar and restaurant scene, Publique's every detail evokes the warm and rustic splendour of a mountain lodge – from a traditional wooden bar, eye catching Gondola DJ booth to the chalet style terrace. The menu presents a myriad of French alpine classics, including traditional fondue savoyarde designed to share. *Contact* info@publique.ae.

► Chival, La Ville Hotel & Suites, City Walk

One of five restaurants and bars at the recently opened La Ville Hotel (part of Autograph Collection Hotels by Marriott International), Chival offers a cosmopolitan and social setting with menus available for breakfast, lunch and dinner. Start your day with beef tartare served with poached organic eggs, acai and goji bowls, fresh pastries from the bakery and a selection of cheese and cold cuts, or enjoy 24-hour cooked organic broths, poached salmon and Black Angus meatball power bowls, tuna tataki, kale and squash salad or a Caribbean fish sandwich for lunch. Dinner highlights include smoked octopus, roasted potatoes, confit Vidalia onions, vegetable escabeche and meso America ceviche; seabass and shrimp, roasted tomato, poblano chili, fried corn and plantain crisps. *Call* 04-4033111.

► La Playa, JBR

Presenting itself as the latest go-to al fresco hangout on JBR, La Playa has opened its doors to offer casual dining in a relaxed, unwind after work with a shisha, sort of vibe. With brightly colored umbrellas, beanbags on the sand, La Playa is a one-stop shop for food, shisha, sunset views and entertainment that's casual and laid back. Operated by Whistle hospitality group – the guys behind OKKU, RIVA Beach Club, Sophie's Café and CLAW BBQ, the new outlet acts as a sister spot to CLAW BBQ and will be serving up favourites from its menu including buffalo hot wings, nacho libre, baja fish tacos, Texas beef brisket, burgers, light bites and more. There's also a 200m² (20m x 10m) screen that will show daily games and matches on the sporting calendar. *Contact* info@laplayadx.com

Publique Dubai, Souk Madinat Jumeirah

Text by SOPHIE MCCARRICK | Photographs SUPPLIED

Seasonal Tastes, The Westin Dubai, Al Habtoor City

There's a new brunch in town, guys – and coming from The Westin brand, you know it's going to be a good one. City Brunch at the The Westin Dubai, Al Habtoor City takes place every Friday from 12.30 – 4pm, where you can enjoy an easy and laid-back Friday afternoon. With six live cooking stations, areas to mingle, activities for adults and kids, along with DJ entertainment, there's something for everyone. After brunch, relocate to American gastro pub Cook Hall on the hotel's ground floor and extend the day enjoying live music from live band Carman and the Black T's along with crafted brews. Priced at Dhs495 per person with free flow bubbly, selected brews and grape; Dhs350 with house beverages; Dhs249 with soft drinks. Call 04-4355577.



The Restaurant at Address, Address Boulevard

This month, Address Hotels + Resorts unveiled its new city lifestyle resort, Address Boulevard – and with it, comes the signature dining space, The Restaurant at Address. Simulating the experience of a luxurious European apartment of a well-travelled family in the 1920s, the restaurant will serve classic dishes. Based on the homely and comfortable feel of an actual apartment, the unique restaurant concept gives you the option of dining in different rooms that depict the surroundings of a luxury home, featuring both communal and private dining spaces for every occasion. Call 04-5618888.



Demoiselle by Galvin, City Walk

Dubai diners – prepare to be among the first to experience Galvin Restaurants' inaugural location outside the United Kingdom – Demoiselle by Galvin. Set to open this month, the 210-seat continental style all-day café is set to offer an array of artisanal delights for breakfast, lunch, afternoon tea and dinner. After catering to the palates of Harrods' clientele since 2012, the fashionable Demoiselle brand expands its locale from Knightsbridge to Dubai. Demoiselle by Galvin's menu has been personally designed by the Galvin brothers Chris and Jeff Galvin, and led by their protégé, executive chef Luigi Vespero. Expect a simple yet varied menu comprising French classics. Call 04-5905076.

Ting Irie, Souk Al Manzil

Serving up a modern take on Caribbean cuisine and food for the soul, Ting Irie's menu comprises rich Caribbean flavours, prepared with island love. Last month the Jamaican eatery launched its new all-you-can-eat brunch, taking place every Friday from 1 – 4pm. From oxtail eggs benny on a Jamaican patty and peppa shrimp burgers to tasty jerk steak and eggs with crispy potato hash, the brunch package comes paired with free-flowing rum punch and mimosas. Don't forget your dancing shoes for jammin' to the beats of reggae, hip hop, and dancehall. Priced at Dhs395. Call 04-5575601.



The Agency, Souk Madinat Jumeriah

Steak lovers, this one's for you. Every Tuesday at The Agency, the newly launched 'steak it easy' promotion allows you to indulge on a 250g Australian wagyu rump steak accompanied by truffle fries, sautéed mushrooms, your choice of sauce and a glass of red, hand-picked by the sommelier, all for Dhs150. Available from 12pm to 2am, every Tuesday. Call 04-3666320.

LIMA Dubai, City Walk



LIMA, the restaurant and bar concept at the forefront of the world's initiation into Peruvian cuisine has officially opened doors in Dubai. Since launching in London in 2012, LIMA has led an exciting culinary tradition, with LIMA Fitzrovia being the first and only Peruvian restaurant to win and retain a Michelin star. Integral to the LIMA success story is the passion and ambition of the partnership between LIMA London chef and head of culinary development, Robert Ortiz and the renowned Virgilio Martinez (pictured), chief proprietor of both LIMA and Central Peru the world's leading Peruvian restaurant, currently ranked #4 in the World's 50 Best Restaurant List. LIMA Dubai prides itself on taking its diners on a Peruvian journey like no other, showcasing the diversity, flavours and visual beauty of Peru's rich culinary history. Contact reservations@limadubai.com.



Prime68, JW Marriott Marquis Dubai

If you're a Bond fan, Prime68's new Friday Bond-themed '068 Brunch' is not to be missed. Taking place every Friday from March 10 onwards, your mission involves a sophisticated brunch menu right at the top of the world's tallest hotel. With a license to grill, this à la carte brunch caters to all, with treats like foie gras, Josper-grilled Australian beef tenderloin with butter and thyme, whole Australian rib eye with garlic and herbs and braised US Prime short ribs. Dirty Martini's are made table side, shaken not stirred, and Bond girls who love Bollinger will be well served as live jazz plays in the background. Continue the fun upstairs at the Vault for the GoldenEye after party. Brunch is priced at Dhs495 with house beverages, Dhs595 with sparkling, and Dhs695 with Champagne. Call 04-4143000.

Quattro Passi, Viceroy Palm Jumeirah Dubai

Set to open this month inside the brand-new Viceroy Palm Jumeirah Dubai, acclaimed chef Antonio Mellino brings his first restaurant to the Middle East. With two Michelin stars and an international following, the chef is set to introduce fresh flavours of Campania, Southern Italy to Quattro Passi. The inventive yet simple menu is centred around farm-to-table ingredients, flown in daily from tiny artisan producers on the Amalfi Coast. With handmade pastas, risottos, fresh seafood and slow-cooked meats, the whole experience reinforces the homey pleasures that have made classic Italian cuisine famous the world over. Call 04-4559999.

Simply Italian, Club Vista Mare



Located at the trendy new beachfront destination on The Palm Jumeirah situated next to Abyat restaurant, Simply Italian by The Ginza Group has opened doors to serve authentic classics from Italy. The

menu includes dishes from various regions of Italy, including signature dishes like 'Spigola Al Cartoccio', 'Tagliatelle Al Sugo Di Coda Di Bue' and 'Cannoli Di Ricotta'. Call 04-5588354.

Treat Mum

Mother's Day is on March 26

DoubleTree by Hilton Resort & Spa Marjan Island

Looking for an option that extends the fun of brunch further into the weekend? Head to DoubleTree by Hilton Resort & Spa Marjan Island, to experience the new 'Brunch & Stay' promotion starting from Dhs650. Including an afternoon of revelry at the 'Islanders Brunch', an overnight stay in one of the hotel's modern rooms, breakfast for two and late check out until 5pm, weekend brunch is taken to a whole new level. Set across the resort's restaurants, Vespa and Brasserie, the Islanders Brunch offers a culinary tour of European, Italian, British, Asian, and Arabic dishes, as well as live cooking and beverage stations. Kids between 6-12 years pay half price, and kids below age 6 enjoy the brunch for free. Brunch timings are from 1 - 4pm, every Friday. Call 07-2030000.



Lakeside Garden, The Palace Downtown Dubai



Treat your mum to an afternoon in the lush Lakeside Garden looking up to the towering splendour of Burj Khalifa. The BVLGARI Garden Afternoon Tea is special to March and is complemented by a display of the Eaux Parfumées range of

fragrances. Expect limitless infusions from the tea stand, alongside live stations serving afternoon tea favourites including sweet and savoury crêpes and pancakes, indulgent chocolate fountains, sorbet trolleys, and more. Available every Wednesday, Friday and Saturday in March from 1 - 4pm. Priced at Dhs200 per person inclusive of unlimited tea infusions and coffee; Dhs300 per person inclusive of unlimited juniper beverages; Dhs550 per person inclusive of unlimited premium bubbly. This is an over 21 years of age and above event. Call 04-4287981.

Marina Social, InterContinental Dubai Marina



Indulge with your mum over a three-course menu on March 21, 25 or 26, and surprise her with a personalised cake and card (provided by Marina Social), plus a glass of bubbly - all for Dhs295 per person. Enjoy the restaurant's signature Italian beef tomato stuffed

with burrata, quail pie and honey glazed carrots, steamed sea bass with bergamot marmalade and rhubarb and custard soufflé to end on a sweet note. Call 04-4466664.



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Tried & tasted

Each month, we review four of the city's top tables.



Siddharta Lounge by Buddha-Bar,
Grosvenor House Dubai



Reviewed by **Sophie McCarrick**
Editor of BBC Good Food Middle East,
lover of all things food and a keen
seeker of new dining experiences.

Where:

**IL BORRO TUSCAN BISTRO
DUBAI, JUMEIRAH AL
NASEEM, MADINAT
JUMEIRAH**

Dining experience: Dinner

What's it like? In its first venture outside of Italy, Il Borro is a Tuscan estate owned by the Ferragamo family, steeped with over 1,000 years of culinary heritage (and trust me, one taste of the food here, and you can really tell). Perched idyllically on the side of Jumeirah Al Naseem's turtle rehabilitation lagoon, Il Borro offers a warm and welcoming, homely feel with a neutral colour scheme throughout. Inside there's a central bar area, restaurant with open kitchen and a terrace that overflows out onto a sunken terrace next to the turtles. From stepping through the door, you'll see a fresh display counter showcasing fresh fish, aged meat and a selection of fine cheeses – which all successfully get your taste buds eagerly awaiting what's to come.

What are the food highlights? Il Borro's menu celebrates the best of organic and ethically grown produce, and it shines through in every dish. On offer you'll find organic wines, beautiful olive oils and honey – all brought in from Tuscany to accentuate the region's rich flavours. The food here is gorgeously presented, rustic and deep with flavour. Executive chef Andrea Campani successfully takes the best in raw ingredients and transforms them into



exquisite dishes that boast simplicity through texture variations. Highlights on the menu for me include the pappa al pomodoro (admittedly, I've day dreamt about this dish on several occasions since having it) – it's a thick soup-like Tuscan dish served to start with crunchy garlic bread to scoop it up with – incredibly delicious. For main, the homemade pumpkin tortelli with black winter truffle, followed by the Mediterranean sea bass in herbs and salt crusted roasted rosemary baby potatoes. To finish, the selection of homemade profiterole stuffed with different flavours of custard were simply



divine – and easier to polish off if you're feeling a little full by this point.

How was the service? Although not everyone was of Italian decent, the entire team did a really fantastic job of offering true Italian hospitality. They were unobtrusive, however, always on hand to offer knowledgeable input about the menu should you need it. You could tell that they'd all been taught by the founders through soul, history and enthusiasm – every dish had its own story.

The bottom line: A place to go to enjoy a fantastic meal with family, friends or your other half for a special occasion. A truly warming, high-quality dining experience.

Want to go? Around Dhs300 for three courses without drinks. For reservations call 04-2752555 or e-mail reservations@ilborrotuscanbistro.ae.



Where:
**SIDDHARTA LOUNGE BY
BUDDHA-BAR, GROSVENOR
HOUSE DUBAI**

Dining experience: Dinner

What's it like? Having recently undergone a chic revamp, the rooftop venue offering impressive views over both the Arabian Gulf and Dubai Marina, combines a restaurant, lounge and bar. It's a trendy spot that exudes a cool, chilled out vibe – the perfect place to enjoy a light meal with



cocktails. Across the deck area and into the restaurant, Siddharta boasts subtle, calming tones of white and grey, with soft touches of light wicker and natural greenery – all very fitting with the restaurant's Mediterranean menu that features playful Asian fusions. Stunning Dubai Marina views aside, you feel like you've been transported to European shores, especially when paired with soothing Balearic beats in the background.

What are the food highlights?

What I loved most about Siddharta's menu was its attention to serving a great variety of flavoursome options that prohibit you from feeling bloated afterwards. To start I'd recommend sharing a selection of freshly cut sashimi or something from the crudo bar – we opted for the tuna tartare, which came with a gorgeous creamy sauce that had a little kick, taro root

chips and a squeeze of zesty lime, plus the beef tartare which was diced into chunky pieces and served with pickled shimeji mushrooms, quail egg yolk, green peas, shallot sauce, which all paired brilliantly together. From the pinchos, a must try is the Galician style octopus – perfectly tender, meaty and seasoned with smoked paprika. For mains, the sea bass fillet was cooked to perfection and served with vegetable ratatouille, olives and fresh herbs, while the prime beef tenderloin was full of flavour, succulent and juicy. For dessert, anyone with a soft spot for Terry's Chocolate Orange, Siddharta's chocolate fondant with mandarin ice cream and blood orange is a must! Oozy, chocolatey goodness with a beautiful orange punch.

How was the service? Service was warm and friendly. The front of house team were well clued up on the menu's offering and were able to offer superb recommendations based on your personal preference..

The bottom line: Whether it be for a chilled out evening with great food, wine and shisha with your other half, or with friends, Siddharta Lounge by Buddha-Bar is a chic, one-stop venue for a great night out.

Want to go? Around Dhs250 for three courses without drinks. For reservations call 04-3176000 or e-mail resbook.grosvenorhouse@luxurycollection.com.



Where:
**MATTO DUBAI, THE
OBEROI, DUBAI**

Dining experience: Dinner

What's it like? Looking for tasty, traditional Italian food with a modern twist? Matto is where it's happening. The newly opened casual restaurant is easy going and vibrant. It offers a no-frills dining experience in a fun and welcoming atmosphere – the perfect spot to let your hair down and enjoy scrumptious Italian cuisine. Inside the décor is industrial across both the restaurant and bar area, and the kitchen features peep-through windows, which really adds to the outlet's

character. Artistic murals adorn the walls, giving the place an urban, cool ambiance.

What are the food highlights? The menu here is focused around traditional Italian recipes that have been passed down through the generations – you really feel love and soul when the service team talk about each dish. To start, recommendations include the burrata Pugliese, which is gorgeously creamy and comes served with a delicious combination of thinly sliced zucchini marinated in basil pesto, plus cherry tomatoes topped with toasted almonds. From the raw section, we enjoyed the 24-hour marinated salmon carpaccio with asparagus salad, lime and chives yogurt. As the Italians do, our waiter suggested an in-between starter and main course – so we shared a portion of homemade butterfly pasta with a slightly

sweet tomato sauce married with chili and parsley, and topped with lobster (conveniently, all pasta dishes come in small and large portions). For main, don't miss the 36-hour slow cooked lamb shank to share. It melts off the bone and is served on top of a beautiful parmesan risotto. If you have a sweet tooth, desserts are rather impressive – particularly the 'MATTO Rock', which is basically a giant Ferrero Rocher filled with praline, hazelnut mouse – so yummy!

How was the service? I always love going to a restaurant when the front of house staff are native to the restaurant's cuisine offering, it makes it feel more authentic – and MATTO had just that. Italian accents and all, the team here were a lot of fun, and really knew the ins and outs of Italian cooking – just like Grandma used to make!

The bottom line: Whether you're looking to grab a casual bite after work or catch up with friends over the weekend, MATTO is on hand to welcome you for tasty food in an inviting, vibrant atmosphere. And best of all? Your bill won't break the bank.

Want to go? Around Dhs220 for three courses without drinks. For reservations call 04-4441335 or e-mail info@mattodubai.com.





Where:
THE ATLANTIC DUBAI,
SOUK AL BAHAR

Dining experience: Dinner

What's it like? Dubai has needed a restaurant showcasing the best in seafood for quite some time now, and The Atlantic Dubai has arrived to do just that. An import from Melbourne, Australia, the new outlet prides itself on offering an 'ocean to plate' concept, which brings seafood in its purest form to the forefront. Inside the open-plan dining room is vibrant with fresh hues of aqua blue and features an impressive raw oyster bar and separate bar area for drinks pre- or post-dinner. Outside seating on the terrace is where you'll want to be though. It's one of Dubai's most prime positions, offering incomparable views with front row seats of the Dubai Fountains, Burj Khalifa and Dubai Opera House. Spearheaded by Master Chef Australia's Donovan Cooke, The Atlantic Dubai is open from 4pm on weekdays, 1pm on weekends, and since opening has launched a Champagne seafood Friday brunch and Ladies' Night every Tuesday night featuring offers on oysters and Prosecco.

What are the food highlights? The menu here takes you on a seafood adventure – although, don't worry if you're not a fan of ocean

delights, as the menu caters to meat lovers too, with a few vegetarian friendly dishes thrown in. It's all about fresh ingredients here, and it shines through. For starters, don't miss the Moreton Bay Bug spaghettini, it was incredibly tasty. To look at I underestimated how good it was going to be, but the flavour-packed sauce had me cleaning the bowl up with bread,

while the garlic tiger prawn with olive oil and parsley was perfectly complemented by crispy garlic chips on top. If you're a fish fan, the whole baby sea bass is a go-to for main. You can have it served whole or filleted. I opted for whole, and the meat inside was succulent, soft textured and beautiful. My dining partner enjoyed the black bream 'en papillot' (in parchment), which filled the air with a delicious smell once opened at the

table. It came served with fennel, celeriac, plus leek and truffle. To finish on a sweet note, the Valrhona chocolate and hazelnut custard tart is incredibly moorish.

How was the service? Service was attentive without being over the top. The team were well informed on ingredient traceability and were able to tell us the culinary thought process behind each dish, which was a nice touch.

The bottom line: Definitely a restaurant for the seafood/fish lovers. It's a family-friendly restaurant, however, the outdoor terrace offers a romantic setting for an evening for you and your loved one, or perhaps dinner to impress your guests from out of town.

Want to go? Around Dhs350 for three courses without drinks. For reservations call 04-4425662 or e-mail reception@theatlantic-dubai.com.

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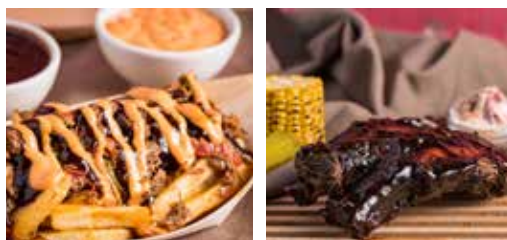
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FOOD TRUCK TAKEOVER

The food truck trend has well and truly hit Dubai – from food truck festivals to food truck parks, the city is abundant with travelling pit stops for gourmet grub. Here's a selection of some of our favourites. **By Sophie McCarrick**



SIR LOIN & SONS

Offering a gourmet range of innovative, meat inspired dishes, Sir Loin revealed its new location on Kite Beach Jumeirah last month. The concept, the brainchild of new food truck group Food Truck Co., is committed to serving the waterfront community of kite surfers, SUP boarders and outdoor-orientated Dubai residents every day of the week. More than just great burgers, Sir Loin takes its meat seriously, focusing on slow cooking techniques and flavoursome marinades. Enjoy the eight-hour slow cooked pulled brisket sandwich, BBQ ribs marinated in signature spices and smoked with cherry and apple woodchips, or smoked oxtail stew with carrots, leeks and spices – plus more. Visit on social media @sirlointruck.



YUMTINGZ

Specialising in burritos, burgers and delicious shakes, you'll see Yumtingz at various food truck festivals throughout the year like Truckers DXB, foodie markets and roaming the city in popular spots like JBR. From camel meat burgers to Japanese inspired flavours, there's a lot of taste to enjoyed at this food truck. Visit on social media @yumtingz.



VIDA FOOD TRUCK

A 1960's Airstream that is a ground-up restoration, the Vida Food Truck offers a gourmet twist on the everyday classics. Airstreams are synonymous with a carefree, laid back lifestyle and it is this attitude that has been reflected in the menu offered. The Vida Food Truck offers meals served on the go or if you prefer, boutique catering starting from 30 people (don't worry, they bring the beach chairs and picnic tables along). Contact connect@vida-hotels.com.



YELLOW BRICK ROAD

One of the latest food trucks in town, Yellow Brick Road is all about the good, simple and fun stuff – a good mix of Americanised and international sandwiches and hot dogs. The homegrown brand runs out of an old Citroen van imported from France, which has been fitted out with a full kitchen set up. Expect chillikimchi fries, Louisiana beignets, dumpling a la belge, a New York dog or the smoked brisket burger with homemade barbecue sauce. Visit on social media @followYBRd.



MELT DUBAI

The folks behind Melt Dubai believe that treating yourself doesn't have to be bad for you. The homegrown local company prides themselves on serving up sweet treats, that are not only scrumptious but healthy. From frozen yogurt to ice pops, there's plenty to keep you refreshed at Melt. Find on social media @MeltandMore.



the UAE's ultimate food truck pit-stop

Here are some of the trucks you'll find there...



BAJA FRESH

At the recently opened Last Exit food truck stop on Sheikh Zayed road, you'll find Baja Fresh serving up all-fresh, traditional fire-grilled Mexican favourites.



CALLE TACOS

This food truck provides fresh and authentic Mexican cuisine to locals and tourists who are looking for a taste of Mexico in the big city. On the menu expect to find a variety of traditional Mexican fare including burritos, nachos, quesadillas and of course, tacos. Choose from a selection of proteins, toppings, and sauces for a customised meal that will suit any taste. The homemade salsas and secret family recipes came from the owners' roots, from their hometowns of Jalisco and Distrito Federal, Mexico. Visit on social media @calletacosuae.



BIG SMOKE BURGER

A gourmet burger concept, serving hand-crafted, top quality burgers featuring a selection of all-natural toppings, proprietary sauces made in house from scratch and hand-cut French fries, cooked in trans-fat free canola oil. A specialty that is unique to the establishment is its signature traditional poutine.

IL CAFÉ DE ROMA

Run by the Italian multinational group Lavazza – this place is for the coffee lovers. street food classic.



THE HOT DOG STAND

Serving all things delicious in a long bun, with meats like angus beef and chicken offering a variety of toppings to go with. This neighbourhood friendly place is a must try for those looking for a street food classic.

OPERATION FALAFEL

Operation Falafel is the 21st century take on casual falafel restaurants. Enjoy their signature falafel alongside a selection of traditional Levant dishes, such as delicious hummus, tangy fattoush, succulent chicken shawarma and generous portions of manaeesh. The perfect location for breakfast, lunch, light snacks or dinner.



CLINTON ST. BAKING COMPANY

Most commonly known in its restaurant form serving American classics with a southern twist, New York's Clinton Street Baking Company has a food truck version at Last Exit. Expect to find favourites such as its fried chicken and waffles, organic milkshakes, short rib sliders, grilled and fried chicken sandwiches. connect@vida-hotels.com.



URBAN SEAFOOD

If you're in the mood for healthy, simple flavours, here you can savour a variety of seafood delicacies with fresh lobsters, mussels, shrimps, calamari and more. From seafood buckets, to mixed platters and favourite homemade sauces, Urban Seafood is a modern, fresh and innovative seafood concept that offers the best of the ocean.



POCO LOCO

This food truck brings a mix of sophisticated and fun Latin American inspired dishes and drinks, all inspired by revered Chef Neil Witney and his travels across Latin America. The menu celebrates the best of Latin American soul-food to delight diners of all ages.

DON'T MISS TRUCKERS DXB

As part of the Dubai Food Festival, 'Truckers at Marasi Business Bay' will run from March 9 to 11. The three-day foodie event will take place at the waterfront promenade that is set to become a permanent event destination in the Emirate. There will be live music, DJs, and family entertainment - from jugglers, mechanical bulls, to kids cooking station, and of course, lots of food trucks! Open from 4pm-11pm, and entry is free. truckers.ae.



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Use it up

Bought a special ingredient to use in one of our other recipes? Here are four ways to help you use it up

recipes SOPHIE GODWIN and ELENA SILCOCK *photographs* PETE CASSIDY



Chorizo & chilli pepper pasta

SERVES 2 **PREP** 5 mins
COOK 10 mins **EASY**

200g penne
½ tbsp olive oil
100g chorizo, skin removed and cut into chunks
400g can cherry tomatoes
2-3 guindilla pickled chilli peppers, sliced on an angle
½ small pack basil, leaves picked and roughly torn
Parmesan, grated, to serve

- 1 Bring a large pan of salted water to the boil. Add the pasta, give it a good stir, then cook for 1 min less than pack instructions, about 9-10 mins.
- 2 Heat the oil in a sauté pan over a high heat. Add the chorizo and cook for a couple of mins until the oils have been released, then add the tomatoes, a pinch of sugar and some seasoning. Bubble away for 5 mins, then drain the pasta,



toss it through the sauce and stir in the peppers and basil. Serve with a generous grating of parmesan scattered over.

GOOD TO KNOW fibre • vit c • 1 of 5-a-day
PER SERVING 684 kcs • fat 22g • saturates 7g • carbs 89g • sugars 12g • fibre 7g • protein 28g • salt 1.9g

Lime marmalade chicken

SERVES 4 **PREP** 10 mins
COOK 50 mins **EASY**

8 skin-on chicken thighs
2 tbsp oil
100g lime marmalade
2 garlic cloves, crushed
1 red chilli, finely chopped, deseeded if you don't like it too hot
1 tsp ground allspice
½ tsp dried oregano
sweet potato wedges, lime wedges and salad, to serve (optional)

- 1 Heat oven to 200C/180C fan/gas 6. Put the thighs in a roasting tin and roast for 30 mins.
- 2 Meanwhile, mix the oil, marmalade, garlic, chilli, allspice, oregano and some seasoning to make a marinade. Remove the thighs from the oven and brush all over with the marinade. Return to the oven and roast for another



20 mins until crispy and golden. Serve with some sweet potato wedges, lime wedges and salad, if you like.

GOOD TO KNOW gluten free
PER SERVING 466 kcs • fat 30g • saturates 7g • carbs 16g • sugars 16g • fibre none • protein 32g • salt 0.3g

Matcha & white chocolate blondies

MAKES 9 **PREP** 10 mins
COOK 25 mins **EASY**

140g butter, plus extra for greasing
200g white chocolate
220g golden caster sugar
2 large eggs
85g plain flour
1 tbsp matcha tea powder
50g blanched hazelnuts, toasted

- 1 Heat oven to 180C/160C fan/gas 4. Grease and line a 20cm square tin with baking parchment. Cut 100g of the chocolate into chunks and put to one side. Melt the butter with the remaining chocolate in a bowl over a pan of simmering water, then remove from the heat and beat in the sugar. Leave to cool to room temperature, then beat in the eggs one at a time. Fold the flour and matcha



through the mixture and gently stir through the hazelnuts and chunks of white chocolate.

- 2 Bake for 25-30 mins – you want it to be a bit gooey. Allow to cool, cut into squares and serve.

PER BLONDIE 419 kcs • fat 24g • saturates 13g • carbs 45g • sugars 37g • fibre 1g • protein 5g • salt 0.4g

Pistachio & black cherry Bakewell tarts

SERVES 6 **PREP** 15 mins
COOK 35 mins **EASY**

100g golden caster sugar
100g butter, softened at room temperature
2 large eggs
60g pistachio paste
25g plain flour
90g ground almonds
150g black cherry jam
1 large ready-made cooked pastry case
crème fraîche, to serve (optional)

- 1 Heat oven to 160C/140C fan/gas 3. First, make a frangipane. Beat the sugar and butter until light and fluffy, then beat in the eggs one at a time. Add the pistachio paste, flour and almonds and mix well.
- 2 Spread the black cherry jam over the base of the pastry case, top with the



frangipane mixture and bake for 25-30 mins. Leave to cool completely, then serve with crème fraîche, if you like.

PER SERVING 619 kcs • fat 37g • saturates 13g • carbs 59g • sugars 40g • fibre 2g • protein 11g • salt 0.6g

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Dinner dash

Noodles

Keep quick-to-cook noodles in the storecupboard for speedy suppers

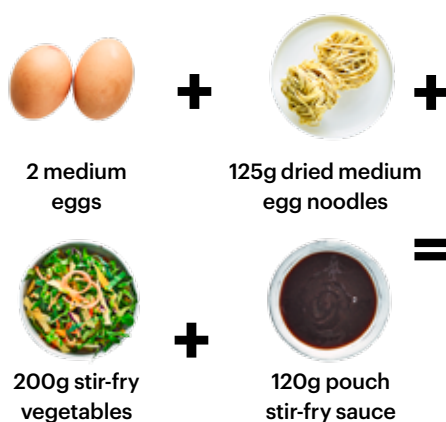
recipes ESTHER CLARK photographs MIKE ENGLISH

Veg-packed noodle & egg bowls

SERVES 2 **V**

Boil the eggs for 6 mins, then set aside in cold water. Cook the noodles following pack instructions, drain and toss with 1 tbsp sunflower oil. Heat another 1 tbsp oil in a frying pan over a medium heat. Fry the veg for 5 mins. Heat the noodles through with the veg and sauce, and season. Peel the eggs and cut in half. Divide the noodles between bowls and top each with the eggs.

GOOD TO KNOW fibre • 1 of 5-a-day
PER SERVING 510 kcals • fat 20g • saturates 3g •
carbs 59g • sugars 14g • fibre 7g • protein 21g • salt 1.8g



Sweet potato noodle soup

SERVES 4 **V**

Toss the veg with 2 tbsp sunflower oil and 2 tbsp curry powder in a roasting tin. Cook at 200C/180C fan/gas 6 for 30 mins. Blend the veg with the coconut milk and 100ml water until smooth, then season. Cook the noodles in boiling water for 2 mins. Drain, chop and toss with 1 tbsp curry powder. Heat 2cm of oil in a frying pan until hot. Fry the noodles for 1½ mins until crunchy. Drain and season with salt. Heat the soup and serve topped with noodles.

GOOD TO KNOW fibre • iron • 2 of 5-a-day
PER SERVING 683 kcals • fat 43g • saturates 30g •
carbs 59g • sugars 20g • fibre 10g • protein 9g • salt 0.4g

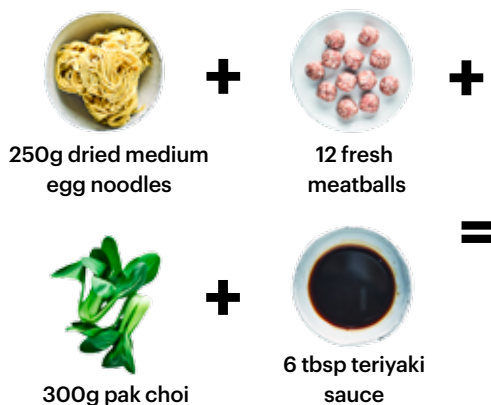


Teriyaki meatballs

SERVES 4

Cook the noodles following pack instructions. Add 2 tbsp sunflower oil to a frying pan over a medium heat. Fry the meatballs for 3 mins or until golden brown all over. Lower the heat and cook for 6 mins more. Quarter the pak choi, raise the heat, add the pak choi and cook for 3 mins. Stir through the teriyaki sauce and toss everything together with the drained noodles. Divide between bowls and serve.

GOOD TO KNOW low cal • folate • 1 of 5-a-day
PER SERVING 448 kcals • fat 15g • saturates 4g •
carbs 50g • sugars 6g • fibre 5g • protein 26g • salt 3.8g





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Joe's low-carb dinner

The online nutrition coach creates a lean version of a classic recipe that's simple and satisfying

recipe JOE WICKS photograph MIKE ENGLISH

This month I'm sharing one of my reduced-carbohydrate meals. I recommend having three meals a day – two low-carb dishes and one carb refuel meal to eat after training. Designed to fit in with your day, this recipe will work for either lunch or dinner, depending on when you do your workout.

Mediterranean turkey-stuffed peppers

This is an oldie, but a goldie. Filling the peppers with low-fat turkey breast mince keeps this dish lean.

SERVES 2 PREP 20 mins

COOK 30 mins EASY

2 red peppers (about 220g)
1½ tbsp olive oil, plus an extra drizzle
240g lean turkey breast mince (under 8% fat)
½ small onion, chopped
1 garlic clove, grated
1 tsp ground cumin
3-4 mushrooms, sliced
400g can chopped tomatoes
1 tbsp tomato purée
1 chicken stock cube
handful fresh oregano leaves
60g mozzarella, grated
150g green vegetables (spinach, kale, broccoli, mangetout or green beans), to serve

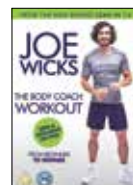
- 1 Heat oven to 190C/170C fan/gas 5. Halve the peppers lengthways, then remove the seeds and core but keep the stalks on. Rub the peppers with a drizzle of olive oil and season well. Put on a baking tray and roast for 15 mins.
- 2 Meanwhile, heat 1 tbsp olive oil in a large pan over a medium heat. Fry the mince for 2-3 mins, stirring to break up the chunks, then tip onto a plate.
- 3 Wipe out your pan, then heat the rest of the oil over a medium-high heat. Add the onion and garlic, stir-fry for 2-3 mins, then add the cumin and mushrooms and cook for 2-3 mins more.
- 4 Tip the mince back into the pan and add the chopped tomatoes and tomato purée. Crumble in the stock cube and cook for 3-4 mins, then add the oregano and season. Remove the peppers from the oven and fill them with as much of the mince as you can. (Don't worry if some spills out it – it will go satisfyingly crisp in the oven.) Top with the cheese and return to the oven for 10-15 mins until the cheese starts to turn golden.
- 5 Carefully slide the peppers onto a plate and serve alongside a pile of your favourite greens blanched, boiled or steamed.

GOOD TO KNOW low cal • folate • vit c • 3 of 5-a-day

PER SERVING 403 kcs • fat 19g • saturates 6g • carbs 15g • sugars 14g • fibre 5g • protein 40g • salt 1.9g



Good Food contributing editor Joe Wicks is a former personal trainer with an Instagram following of more than 1.6 million. His #Leanin15 videos focus on quick, easy cooking, while his 90-day



SSS (shift, shape and sustain) plan has inspired people nationwide with a programme of healthy recipes and workouts. thebodycoach.co.uk
@thebodycoach



Joe's book, *Lean in 15: The Sustain Plan*, and DVD, *The Body Coach: Lean in 15*, are out now. For more recipes and ideas to get you lean and healthy, sign up for a bespoke 90 Day SSS plan at thebodycoach.co.uk.



#BRUNCH068

BRUNCH 068

WITH A LICENSE TO GRILL

When the world is not enough, unleash your inner Bond and experience the high life at the 068 Brunch. With a license to grill, this à la carte brunch will satisfy even the most discerning palate. Live another day while sipping on signature beverages and taking in Dubai's daring views from the world's tallest hotel.

Enter the Vault for the GoldenEye after-party, where beverages are shaken, not stirred.

Launching March 10, 1pm to 4pm, starting from AED 495 'For Your Eyes Only'

TWICE AS NICE

Bhaji burger

Each month we combine two of our favourite dishes to make a spectacular new one

recipe BARNEY DESMAZERY photograph PETER CASSIDY

SERVES 3 **PREP** 30 mins plus chilling
COOK 20 mins **MORE EFFORT**

For the burgers

400g lamb mince
2 tbsp tandoori paste
1 tsp cumin seeds

For the raita

½ cucumber
150g pot plain yogurt
½ small pack mint, leaves
chopped

For the bhajis

100g plain flour
1 tbsp garam masala
1 tsp bicarbonate of soda
1 onion, halved and
finely sliced
3 tbsp sunflower oil

To serve

3 burger buns (we used
brioche buns), toasted
a few lettuce leaves
red onion, thinly sliced
mango chutney

1 First, make the burgers. Tip all the ingredients into a bowl with a good pinch of salt and squeeze together with your fingers. Shape into three patties and chill in the fridge.

2 For the raita, grate the cucumber and squeeze out as much liquid as you can. Put in a bowl with the yogurt, mint and some salt. Mix and chill.

3 For the bhajis, tip the flour, spices and bicarb into a bowl with a pinch of salt. Slowly add 200ml cold water to

make a thick batter (you might not need all of it), then mix in the onion.

4 Heat the oil in a large frying pan. Add the batter in batches so you have three burger-sized bhajis. Sizzle for 3 mins until crispy on one side, then flip and cook on the other side until cooked through. Keep warm.

5 Barbecue, griddle or pan-fry the burgers to your liking. Put lettuce and a burger on each bun and top with some raita, a bhaji and red onion. Serve the mango chutney on the side.

BENEFITS 1 of 5-a-day • calcium • iron

PER SERVING 595 kcals • fat 34g • saturates 11g •
carbs 36g • sugars 8g • fibre 4g • protein 34g • salt 1.9g



Food styling JENNIFER JOYCE | Styling LUIS PERAL



Food with soul

Hosting a BBQ gathering at your place and want to serve something different from the norm? Why not try a selection of these indulgent recipes that are perfect for sharing

photographs PETER CASSIDY *recipes* CASSIE BEST

Spicy lamb keema pau, p33





Melting meatball macaroni



Spicy lamb keema pau

This is my take on a popular Indian street-food dish – keema pau (or pav). You might have heard of keema curry (spicy stewed lamb, chicken or mutton mince). This takes the comfort factor up a notch by stuffing the spicy meat into a soft roll like an Indian Sloppy Joe. I serve it with a runny fried egg.

You can make the buns and lamb up to a day ahead. Be prepared to get messy eating these bad boys – bibs are advised!

SERVES 4 **PREP** 25 mins plus at least 1 hr 30 mins rising **COOK** 1 hr 20 mins
A CHALLENGE

2 tbsp vegetable oil
1 onion, chopped
2 garlic cloves, crushed
1 red chilli, finely chopped (deseeded if you don't like it too spicy)
700g lamb mince
1 tbsp tomato purée
2 tsp medium curry powder
1 tbsp plain flour
400g can chopped tomatoes
2 tbsp mango chutney
4 eggs
chopped coriander leaves, shallots and shredded carrot, to serve
For the cumin buns
250ml full-fat milk
1 tsp clear honey

25g butter, chopped
400g strong white bread flour
2 tsp cumin seeds, plus a pinch for sprinkling over
7g sachet fast-action dried yeast
1 egg, beaten

1 First, make the buns. Heat the milk and honey in a saucepan until steaming. Add the butter, then set aside to cool. Mix the flour, cumin, yeast and 1 tsp salt in a large bowl. Add the cooled milk mixture and stir to form a dough. Tip the dough onto a work surface and knead for 10 mins until soft and stretchy, or mix with a dough hook in a tabletop mixer for 5 mins. Return to the cleaned bowl, cover with cling film and set aside to rise for 1-2 hrs or until doubled in size.

2 Meanwhile, heat the oil in a large pan. Add the onion and cook for 5 mins until soft. Add the garlic and chilli, stir for 1-2 mins, then tip in the lamb. Brown the mince all over, breaking it up with a wooden spoon, then add the tomato purée, curry powder and flour and cook for 2-3 mins more. Add the chopped tomatoes and mango chutney along with 150ml water, season well, cover and cook for 30 mins (add some more water if the mince looks too dry).

3 When the dough has risen, knock out the air and divide into eight equal

pieces. Shape into balls by pinching and tucking the edges into the centre, then flip over so the smooth side is on top. Arrange on one or two baking sheets lined with baking parchment. Squash each bun a little with your palm – they should be about 8cm in diameter. Cover loosely with oiled cling film and leave to rise for 30 mins or until almost doubled in size. Heat oven to 200C/180C fan/gas 6.

4 Check the consistency of the mince – it should be thicker than a ragu. If it's too runny, remove the lid and continue cooking until the sauce has reduced.

5 Uncover the rolls, brush with the beaten egg and sprinkle with cumin seeds. Bake for 20-25 mins until golden brown, then transfer to a wire rack and leave to cool. *If making a day ahead, store in an airtight container.*

6 To serve, fry the eggs to your liking. Split the buns and lightly toast the cut sides under the grill. Pile in the spicy lamb, fried eggs, coriander, shallot and carrot. Serve with extra mango chutney and tuck in with plenty of napkins to hand.

GOOD TO KNOW iron • folate • fibre • 2 of 5-a-day
PER SERVING 1,016 kcs • fat 43g • saturates 17g • carbs 96g • sugars 16g • fibre 6g • protein 59g • salt 1.1g

Melting meatball macaroni

Anything containing pasta and stringy cheese qualifies as comfort food in my book, and this dish is my ultimate – melty cheese-stuffed meatballs in a sea of rich tomato sauce and macaroni. Italians may shudder at the ratio of sauce to pasta, but the sauciness means you have more than enough left to mop up with a chunk of crusty bread.

SERVES 6 **PREP** 20 mins
COOK 30 mins **EASY**

300g pork mince
400g beef mince (with around 10% fat)
½ tsp fennel seeds
½ tsp chilli flakes
2 tsp dried oregano
200g taleggio or mozzarella, chopped into small chunks
2 tbsp olive oil
1 large onion, finely chopped

4 garlic cloves, crushed
2 tsp tomato purée
50ml red wine
2 x 400g cans chopped tomatoes
500ml passata
3 bay leaves
2 tsp golden caster sugar
400g macaroni or other pasta shape
crusty bread, to serve (optional)

1 Heat oven to 200C/180C fan/gas 6. Mix the pork and beef mince with the fennel seeds, chilli, 1 tsp oregano and some seasoning in a large bowl until combined. Divide and shape into 18 meatballs with a nugget or two of taleggio in the middle (save some for the top), then chill for 10 mins.

2 Heat 1 tbsp oil in a large pan (use a flameproof casserole dish if you can – it'll save on washing up). Add the onion and a pinch of salt and sizzle until softened, about 8 mins. Stir in the garlic and cook for 1 min more, then add the tomato purée, wine, tomatoes, passata, bay leaves,

sugar remaining oregano and lots of seasoning, cover with a lid and simmer for 20 mins. Meanwhile, arrange the meatballs on a baking tray lined with foil, drizzle with the remaining oil and bake for 10 mins.

3 Cook the pasta in a pan of boiling salted water according to packet instructions, then drain, reserving some water. If the pan is not ovenproof, tip the sauce into a casserole dish. Stir the pasta into the sauce along with the liquid from the meatballs and some pasta water if it needs thinning. Turn the grill to a medium-high setting.
4 Nestle the meatballs into the pasta, so that they poke out the top. Scatter the remaining taleggio over the top and grill for 5-10 mins until the cheese and meatballs are golden. Serve with crusty bread, if you like.

GOOD TO KNOW 2 of 5-a-day • fibre
PER SERVING 646 kcs • fat 24g • saturates 11g • carbs 40g • sugars 9g • fibre 5g • protein 36g • salt 1.8g



Banana, pecan & bourbon
self-saucing pud, p36



Catherine wheel toad-in-the-hole
with honey & mustard onions, p36



Banana, pecan & bourbon self-saucing pud

Also known as magic pudding! When you pour the hot sugary mixture over the pudding batter, you might think you're headed for a kitchen disaster, but keep calm – the syrup will sink to the bottom while the pudding cooks, creating a puddle of runny caramel sauce.

SERVES 6-8 PREP 20 mins
COOK 1 hr 10 mins EASY

100g butter, melted, plus extra for greasing
275g self-raising flour
1 tsp baking powder
300g soft light brown sugar
100g pecans, chopped
4 small bananas
250ml full-fat milk
3 large eggs
2 tbsp bourbon or dark rum
4 tbsp golden syrup
ice cream or custard, to serve

- 1 Boil the kettle and heat oven to 180C/160C fan/gas 4. Grease a rectangular baking dish with butter (ours was 20cm x 28cm and 4cm deep). Tip the flour, baking powder, 140g sugar, most of the pecans (save a handful) and $\frac{1}{2}$ tsp salt into a bowl. Mash one banana in another bowl, add the butter, milk, eggs and bourbon and whisk together. Pour the wet ingredients into the dry and mix well. Scrape into the baking dish and level the surface.
- 2 Slice the remaining bananas lengthways and place on top of the pudding batter, cut-side up. Scatter over the remaining pecans. Mix the remaining 160g sugar with the golden syrup, add 300ml boiling water and stir until the sugar dissolves. Pour the hot liquid over the pudding, then put on the middle shelf of the oven and bake for 1 hr until the top is set and the sauce is starting to bubble around the edges. Serve with ice cream or custard, or both.

PER SERVING (8) 570 kcs • fat 23g • saturates 9g • carbs 79g • sugars 52g • fibre 3g • protein 8g • salt 0.9g

Catherine wheel toad-in-the-hole with honey & mustard onions

Serve this with creamy mash and shredded cabbage or cavolo nero.

SERVES 4 PREP 20 mins plus resting
COOK 40 mins EASY

120g plain flour
3 large eggs
275ml semi-skimmed milk
12 linked chipolatas or 1 large coiled Cumberland sausage
2 tbsp sunflower oil
4 rosemary or thyme sprigs, picked into smaller sprigs
mash and veg, to serve (optional)
For the honey & mustard onions
1 tbsp sunflower oil
2 large red onions, halved and thinly sliced
2 tbsp plain flour
2 tsp English mustard powder
1 chicken stock cube
2 tbsp honey
2 tbsp wholegrain mustard

- 1 Mix the flour, eggs and milk in a jug with $\frac{1}{2}$ tsp salt, then set aside for at least 30 mins. Heat oven to 220C/200C fan/gas 7.
- 2 Untwist the links between each sausage, keeping them connected. Squeeze the meat to fill in the gaps, so you have one long sausage. Coil the sausage loosely and put in a large skillet or ovenproof frying pan (ours was 25cm wide.) Pour over the oil and brown in the oven for 12-15 mins.
- 3 Remove the pan from the oven and carefully lift out the sausage. Pour the batter into the pan, then put the sausage back on top, scatter with the herbs and return to the oven for 25-30 mins without opening the door – the Yorkshire pudding will sink if you do.
- 4 Meanwhile, heat the oil in a frying pan and cook the onions for 10 mins or until starting to caramelise. Stir in the flour and mustard powder and crumble in the stock cube. Stir in 500ml water bit by bit until you get a smooth sauce, then add the honey and mustard and season. Bubble for 5 mins, then serve with the toad-in-the-hole and mash and veg, if you like.

GOOD TO KNOW 1 of 5-a-day • calcium • fibre
PER SERVING 591 kcs • fat 29g • saturates 8g • carbs 57g • sugars 19g • fibre 6g • protein 23g • salt 3.0g

Chocolate, peanut butter & pretzel cookie bars

You don't have to wait for these cookie bars to cool down before tucking in – follow my lead and serve them warm from the oven with salted caramel ice cream.

MAKES 15 PREP 20 mins
COOK 20 mins EASY

175g butter, softened, plus extra for greasing
200g soft light brown sugar
100g golden caster sugar
1 tbsp vanilla extract
2 large eggs, beaten
250g plain flour
1 tsp bicarbonate of soda
2 tbsp full-fat milk
150g dark chocolate, chopped into chunks
100g chunky peanut butter
50g small salted pretzels
 $\frac{1}{2}$ tsp sea salt flakes

- 1 Heat oven to 180C/160C fan/gas 4. Grease and line a 20cm square baking tin with baking parchment. Tip the butter, sugars and vanilla extract into a bowl and beat with an electric hand whisk until smooth and creamy. Add the eggs bit by bit, beating well between each addition. Stir in the flour, bicarb and $\frac{1}{4}$ tsp salt until the mixture forms a dough, then add the milk and 100g chocolate chunks.
- 2 Spoon half the mixture into the tin, add the peanut butter in dollops to cover the surface, then top with the remaining dough. Use your fingers to press everything down, but don't worry about it looking too neat. Arrange the pretzels on top and bake for 20 mins until the dough is set and crisp on the surface. Leave to cool in the tin.
- 3 Melt the remaining chocolate in a bowl over a small pan of gently simmering water, or in short bursts in the microwave. Remove the bars from the tin and drizzle with the chocolate, then sprinkle with the sea salt. Leave to set, then cut into bars. *Will keep in an airtight container for up to 3 days.*

PER BAR 328 kcs • fat 17g • saturates 9g • carbs 38g • sugars 22g • fibre 2g • protein 5g • salt 0.8g



Domino potato, cod, prawn & chorizo pie

Childhood favourites go hand-in-hand with favourite comfort foods, and fish pie is one of mine. I've updated the classic recipe, giving it a Spanish twist and a domino-effect potato topping. The saffron and chorizo add a real depth of flavour, and the fennel goes wonderfully with seafood.

SERVES 6 PREP 45 mins
COOK 1 hr 10 mins MORE EFFORT □

850g floury potatoes, such as Maris Piper
500g cod fillet, skin and pin bones removed
650ml full-fat milk
26 bay leaves
good pinch of saffron
1 tbsp olive oil, plus a drizzle
50g butter
1 large onion, halved and finely sliced
1 fennel, quartered and finely sliced
2 garlic cloves, crushed
200g chorizo ring, skin removed and sliced
50g plain flour
small bunch parsley, chopped
200g king prawns, peeled
green veg or salad, to serve

1 Peel and thinly slice the potatoes, tip into a pan of cold water and bring to a simmer. Turn off the heat, leave the potatoes in the water for 1 min, then drain and leave to cool in a colander. The potatoes should still feel firm and hold their shape. Put the cod in a wide, deep pan and pour over the milk. Add 2 bay leaves and saffron and bring to a gentle simmer, cover with a lid, then lower the heat and cook for 2 mins. Turn off the heat and leave the fish in the pan to continue cooking for 5 mins more.

2 Heat the oil and butter in another large pan, add the onion and fennel and cook for 10 mins until starting to caramelise. Add the garlic and chorizo, stir until the oils are released, then stir in the flour.

3 Remove the fish from the milk and set aside the bay leaves. Add the milk to the chorizo pan bit by bit, stirring between additions, until you have a smooth, thick sauce. Stir in the parsley, season and remove from the heat.

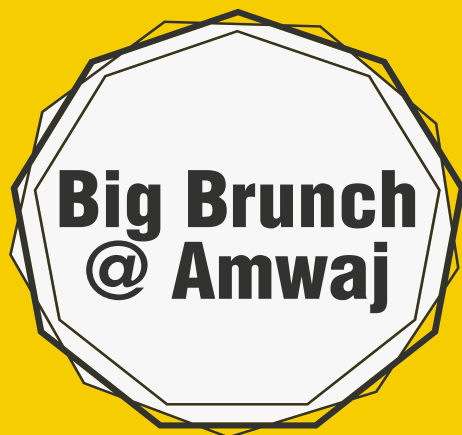
4 Heat oven to 200C/180C fan/gas 6. Pour half of the sauce into a large

casserole dish. Flake the fish into large chunks and scatter over the sauce. Add the prawns and spoon over the rest of the sauce.

5 Stack 5-6 potato slices together and trim off the edges to create a rectangle – don't worry if it's not perfect. Continue making stacks of rectangular potatoes until they're all used up. Scatter the trimmings over the sauce, then arrange the slices on top in a domino pattern, fanning them out to cover the surface. Tuck the reserved bay leaves and four others in among the potatoes, season and drizzle with oil. Bake for 45 mins until the potatoes are tender and golden and the sauce is bubbling up around the edges. Serve with green veg or salad.

GOOD TO KNOW 1 of 5-a-day
PER SERVING 537 kcals • fat 24g • saturates 11g •
carbs 40g • sugars 9g • fibre 5g • protein 36g • salt 1.8g





Fridays



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Mexican chicken tortilla soup

I first tried this classic South American soup in Texas, where Mexican food is big news, and I loved the complex flavours and textures. As soon as I got home, I set about cracking the dish. For a really intense stock, buy the best-quality chicken you can afford – preferably organic. If you can make the soup the day before serving, the flavours will only get better.

SERVES 8 **PREP** 40 mins plus cooling
COOK 1 hr 20 mins **MORE EFFORT**

1.2kg whole chicken
5 fat red chillies, 4 left whole but pieced a few times with a sharp knife, 1 sliced, to serve
2 dried ancho chillies
1 garlic bulb, cut in half through the centre horizontally
bunch coriander, stalks and leaves separated
1 cinnamon stick
3 tbsp veg oil
2 large onions, chopped

1 tbsp ground cumin
1 tbsp ground coriander
1 tbsp smoked paprika
2 x 400g cans tomatoes
1 tsp sugar
320g can sweetcorn, drained
400g can black beans, drained
zest and juice 2 limes
4 corn tortillas, quartered and cut into strips
2 avocados
200g feta or queso fresco, crumbled, to serve

1 Put the chicken in a large pan with the whole and dried chillies, garlic, coriander stalks and cinnamon, cover with cold water, then set over a medium heat. When the liquid comes to the boil, reduce to a gentle simmer and cover with a lid. Cook for 30 mins, then turn off the heat and leave the chicken in the stock to cool for 20 mins.

2 Remove the chicken, strain the liquid into a large jug (you should have about 800ml) and discard the aromatics. Return the liquid to the pan and simmer until it has reduced to about 600ml, then pour back into the jug.

3 Heat 1 tbsp oil in the pan, add the onion and cook for 8-10 mins until soft and translucent, then stir in the spices, tomatoes and sugar. Add the chicken stock to the pan, season well and simmer with the lid ajar for 30 mins.

4 While the soup cooks, remove the skin from the chicken and finely shred the meat. Add to the soup along with the sweetcorn, beans, lime zest and juice to taste (save a little to toss through the avocado), and cook for 5 mins more.

5 Heat the remaining oil in a frying pan and add the tortilla pieces. Fry until golden and crispy, then drain on kitchen paper. Halve and peel the avocado, cut into small chunks and toss through the remaining lime juice. Serve the soup in bowls topped with the crispy tortillas, coriander leaves, sliced chilli, avocado and feta.

GOOD TO KNOW 3 of 5-a-day • fibre
PER SERVING 483 kcals • fat 24g • saturates 7g • carbs 26g • sugars 11g • fibre 10g • protein 35g • salt 1.4g

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Prime cuts

Not sure which steak to choose? **Barney Desmazery** explains the distinct characters of different cuts
Photographs TOM REGISTER



FIRM AND MARBLED WITH FAT

Also known as entrecôte, sirloin comes from the loin towards the middle of the animal. Sirloin has a strip of fat that runs along the top – this can be browned first, then the steak can be fried in the fat.

Sirloin is considered to be a prime steak, like fillet, but it has more flavour. Boneless steaks can be cut to the thickness of your liking, but for two people, it's better to buy a thick steak and carve it after cooking, rather than buying two thin ones. Best served medium-rare.



PERFECT FOR SHARING

T-bone is a great steak for sharing as it's part-fillet and part-sirloin, attached by a bone. It's cut from the back of the animal. (A Porterhouse steak is a thicker T-bone, cut from the rear end of the joint.) To make sure T-bone cooks evenly, it's best finished in the oven. Slice at the table so each person gets a bit of fillet and a bit of sirloin.

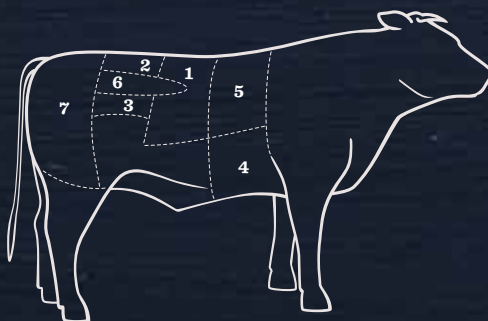


GOOD VALUE

Also called hanger steak, onglet is the cut of choice in a classic steak frites. It's a very lean, rope-shaped muscle that runs along the diaphragm. Onglet has a deep flavour but needs to be served rare otherwise it becomes tough. As there is so much texture to onglet, it's nice to cut it into slices before serving.

DRY-AGED STEAK

Good butchers will age their fattier cuts, such as rib-eye and sirloin. The ageing process gives the beef a more pronounced flavour and tenderises it. Dry-aged steak will be 'hung' for at least two weeks, but can be kept for up to seven weeks for a really deep flavour. Supermarket steak isn't dry-aged unless it says so on the label – 'aged' just means it's been vacuum-packed for 28 days.





CLASSIC BISTRO CUT

Bavette or goose skirt has a loose-grained texture and is a flavoursome, cheap cut taken from the flank. Bavette should be cut into slices across the grain. It is best served no more than medium and is a great cut for barbecuing.

TOTALLY TENDER

Fillet is prized as the most tender cut, and also the most expensive. It has little fat, which means that it isn't as flavoursome and is best served as rare as you like – it's the cut used in the raw beef dish carpaccio. Fillet makes for neat individual steaks that are best pan-fried in butter.



A BONELESS STEAK FOR ONE

From the rib we get two classic cuts. Firstly rib-eye, which is a boneless steak, usually for one. The other is a rib on the bone, also known as a côte de boeuf, which traditionally serves two. However, it is very generous and can easily feed three or four.

There is a new cut of rib known as tomahawk – essentially a trimmed côte de boeuf with a very long rib bone. Whichever cut you choose, rib has fat running through the meat, so even if you like steak rare, rib is best served medium-rare so that the heat cooks the internal fat.

FULL OF FLAVOUR

The opposite to fillet, rump has lots of flavour and texture but with a much more affordable price tag. Rump can be cooked as individual steaks, flash-fried and served whole or barbecued as a large piece.

A thick slice can easily feed a family of four. Rump can be cooked to whatever degree you like.





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SIX CUTS TO TRY NOW

**BEEF**

1 ONGLET Also known as butcher's steak – the cut they would take home. A classic French bistro steak, it's great value and has an intense flavour.

Why now? As there are only four to six pieces of onglet per animal, it isn't commercially viable for large-scale distribution, but small artisan butchers are buying whole animals and breaking them down themselves so they can sell more interesting cuts.

How to cook Best served medium rare. Fry it in a hot pan for three to four minutes per side, then leave on a warmed plate to rest for 10 minutes. Cut it against the grain to enjoy it at its succulent best.

2 FLAT IRON STEAK So called because it's the same shape as an old-fashioned flat iron, it's also known as butler's steak, oyster blade steak or feather steak. It's cut from the shoulder blade and has a deep, rich flavour.

Why now? Tremendous value for money and just right for relaxed gatherings. It takes marinades well, is good on the barbecue and, cut thinly against the grain, is great for steak sandwiches and tacos.

How to cook It's quite lean so don't overcook – it's best done rare to medium. Marinate, then chill for a couple of hours, then cook it for three to four minutes per side and rest for 10 minutes before serving.

PORK

3 CHEEKS Also known as Bath chaps, they are meltingly succulent and tender when cooked low and slow.

Why now? The perfect example of nose-to-tail eating, pork cheeks are proof that the most unexpected cuts punch way above their weight in terms of flavour and versatility.

How to cook Traditionally lightly brined in sugar and water before being slowly braised until tender. Once cooked, they are good cut into small pieces,

breadcrumbs and fried. Also use in pies and quiches.

4 HAND OF PORK This is the upper part of the pig's foreleg, usually boned and rolled as a small roasting joint, though if you cook it on the bone, it improves its flavour. If you want crackling, ask the butcher to skin the pork, and cook separately until crisp.

Why now? Its texture and rich flavour make it ideal for oh-so-fashionable pulled pork.

How to cook Whether you roast or braise it, cook it slowly until it's falling off the bone.

LAMB

5 BREAST OF LAMB An underused piece of meat that comprises the flank and part of the belly. It's fatty, but the fat helps to baste the meat as it cooks.

Why now? A very economical cut that – incredibly – was sometimes discarded by butchers because it wasn't commercial enough for widespread distribution. Smaller butchers appreciate its rich flavour.

How to cook Roast low and slow on the bone, or buy boned and rolled and stuff with a dry mixture of breadcrumbs, herbs and lemon zest – this will help to absorb the fat.

6 SWEETBREADS Lamb sweetbreads are creamy and tender with a delicate flavour. This offal comes from the thymus (part of the throat) and the pancreas.

How to cook Soak in several changes of cold water for a few hours before simmering them quickly in water. Cool, then trim away any sinew or gristle before sautéing as they are, or dust lightly in flour or breadcrumbs first.

All-American GRILL

Bold, authentic US-style barbecues are a hot trend this year, says American-born food writer Jennifer Joyce. She shares her ultimate recipes, ideal for a summer party or Independence Day celebration

Photographs SAM STOWELL

Cheeseburgers

Iceberg salad with
Roquefort dressing
& bacon, p50



Barbecue is a deep-rooted American tradition, celebrated in every state – it's all about gutsy meat, ribs and big bowls of salad to share with friends. Traditionally in America, fattier meats like ribs and brisket are slow-cooked on massive barbecue pits or smokers, but you can achieve delicious results in your oven at home. **Jennifer Joyce**



Cheeseburgers

Burgers fall into two camps in America: the Neanderthal type, with thick chopped steak, or sliders, a slimmer patty with melted cheese and all the fixings. The latter are usually served as miniature burgers, but I've kept mine diner-style.

MAKES 4 **PREP** 10 mins
COOK 10 mins **EASY**



450g/1lb beef mince (ideally 15-20% fat)
2 tbsp Worcestershire sauce
8 cheddar or Red Leicester slices
1 tbsp chipotle paste
5 tbsp tomato ketchup
2 tbsp mayonnaise
To serve
4 large soft brioche buns (available in Waitrose) or burger buns, halved
4 thick leaves iceberg lettuce
4 thick slices beefsteak tomato
4 very thin slices red onion
16 Bread & butter pickles or 2 gherkins, thinly sliced

1 Put the meat and Worcestershire sauce in a bowl and season with black pepper and 1 generous tsp salt. Mix together well, then shape the meat into 4 thin, flat burgers. Chill until needed. Can be made a day ahead. Combine the chipotle paste, ketchup and mayonnaise in a bowl to make a sauce.

2 Heat a gas or charcoal barbecue to high (or you can use a griddle pan on the hob). Cook the burgers over direct heat for 2 mins each side or until grill marks appear. Top each with 2 slices of cheese and cook for another 30 secs or until melted, then remove from the heat. Toast the buns for a few seconds on the cut-side.

3 Spread a little of the spicy sauce on the base of each bun and top with lettuce, tomato, a burger patty, onion and pickles. Top with the bun lid and devour immediately.

GOOD TO KNOW calcium • folate • 1 of 5 a day • freezable (patties only)

PER BURGER energy 723 kJ • fat 44g • saturates 18g • carbs 44g • sugars 19g • fibre 3g • protein 36g • salt 4.7g

Hot & spicy wings with maple chipotle hot sauce

Spice rubs are the secret to mouth-watering barbecued meat, adding a layer of spice to the crispy skin. Ask your butcher to halve the wings if you can't find them ready-done in the supermarket.

SERVES 6 **PREP** 10 mins
COOK 1 hr **EASY**

1kg/2lb 4oz chicken wings, halved at the joint, wing tips removed and discarded

For the spice rub

1 tsp each cayenne pepper, garlic granules, celery salt, golden caster sugar and mustard powder

1 tbsp vegetable oil

For the hot sauce

2 tbsp cider vinegar
2 tsp smoked paprika
1 tbsp Worcestershire sauce
3 tbsp hot chilli sauce
2 tbsp maple syrup
1 tbsp chipotle paste

1 Heat oven to 200C/180C fan/gas 6. In a small bowl, mix the ingredients for the spice rub together. Put the chicken wings in a large bowl and mix with the spice rub and a good amount of seasoning. Spread out in a single layer on a large foil-lined baking tray (or 2 smaller ones). Roast for 45 mins, then remove from the oven and drain off any excess oil.

2 Heat a gas or charcoal barbecue to high. Mix the ingredients for the hot sauce in a small bowl and brush all over the chicken wings. Cook the wings on direct heat on the barbecue for 3-4 mins each side or heat oven to 220C/200C fan/gas 7 and cook the wings for 15 mins. Serve with plenty of napkins.

GOOD TO KNOW

PER SERVING energy 396 kJ • fat 23g • saturates 6g • carbs 13g • sugars 11g • fibre none • protein 34g • salt 1.6g

Baby back ribs with Carolina baste

SERVES 4-6 **PREP** 10 mins
COOK 3 hrs 10 mins **EASY**

50g/2oz light brown soft sugar
2 tbsp smoked paprika
2 tbsp English mustard powder
1 tsp each celery salt and garlic granules
4 racks baby back pork ribs (about 450g/1lb each)

For the baste

250ml/9fl oz yellow mustard (we used French's Classic)
150ml/1/4pt cider vinegar
2 tbsp treacle
75g/2 1/2oz light brown soft sugar
2 tbsp Worcestershire sauce
1-2 tbsp hot chilli sauce
2 tsp hot chilli powder

1 Heat oven to 160C/140C fan/gas 3. Combine the sugar, paprika, mustard powder, celery salt and garlic granules in a bowl, and rub all over the ribs. Place in 2 large roasting tins with racks set inside (if you don't have racks, that's fine). Pour 150ml water into the bottom of each tin, cover tightly with foil and roast for 3 hrs until nearly falling apart. If your roasting tins are on different shelves, swap them over halfway through the cooking time. Once cooked, remove and drain the cooking liquid.

2 Meanwhile, to make the baste, mix all the ingredients in a saucepan and cook for 10 mins, stirring occasionally, until the sugar has dissolved. Set aside.

3 Heat an outdoor barbecue. Whether your grill is gas or charcoal, use low heat to barbecue the ribs. Cook the ribs for 3-4 mins each side, brushing regularly with the baste, until golden and sticky. Alternatively, heat oven to 220C/200C fan/gas 7 and roast the ribs for 25-30 mins, turning the ribs over and rotating the tins halfway through the cooking time.

GOOD TO KNOW

iron • freezable
PER SERVING (6) energy 477 kJ • fat 26g • saturates 7g • carbs 34g • sugars 31g • fibre 2g • protein 25g • salt 2.3g

Other ways to cook ribs

You could cook the ribs, two racks at a time, in a pressure cooker for 30 minutes, or in a slow cooker, using the short cycle of four hours.

Sweet & sour
rainbow slaw, p50





Iceberg salad with Roquefort dressing & bacon

Buttermilk dressings were always my favourite as a child. This one, spiked with blue cheese, is a creamy, salty taste sensation.

SERVES 4-6 **PREP** 15 mins

COOK 15 mins **EASY**

- 1 red onion, thinly sliced
- juice ½ lemon
- 6 rashers unsmoked streaky rindless bacon
- 1 iceberg lettuce, cored
- 200g/8oz cherry tomatoes, halved
- 1 cucumber, thinly sliced
- 100g/4oz radishes
- For the dressing**
- 100ml/31/2fl oz buttermilk
- 4 tbsp mayonnaise
- 50g/2oz Roquefort or other blue cheese, crumbled
- 2 tbsp white wine vinegar
- 1 garlic clove, crushed
- small pack chives, finely snipped

1 Mix the red onion and lemon juice together in a small bowl, cover and set aside. Cook the bacon in a dry frying pan over a medium heat for 10-15 mins, turning halfway, until very crisp. Drain on kitchen paper, then crumble into tiny pieces and set aside.

2 To make the dressing, put all the ingredients in a bowl, season and whisk until well combined. Cut the lettuce into chunky pieces and place on a platter or in a bowl with the tomatoes, cucumber, radishes and onion. Just before serving, pour the dressing over and sprinkle with the bacon.

GOOD TO KNOW 2 of 5 a day

PER SERVING (6) energy 208 kJ • fat 16g • saturates 5g • carbs 6g • sugars 5g • fibre 2g • protein 9g • salt 1.5g



Sweet & sour rainbow slaw

This traditional American recipe dates back to the 1950s. Fresher and less rich than a mayonnaise-based version, it has tasty little pops of celery, mustard and poppy seeds.

SERVES 6-8 **PREP** 30 mins plus 1 hr

soaking **NO COOK** **EASY**

- 450g/1lb red and white cabbage (a mixture), very thinly sliced
- 2 carrots, peeled and sliced into thin matchsticks
- 1 small red onion, finely chopped
- 1 celery heart, thinly sliced
- 8 radishes, topped and tailed, then thinly sliced or quartered
- 1 red pepper, cored, deseeded and thinly sliced

For the dressing

- 2 tbsp white wine vinegar
- juice ½ lemon
- 2 tbsp light brown soft sugar
- 1 tsp mustard powder
- ½ tsp each yellow mustard seeds, celery seeds and poppy seeds
- 4 tsp vegetable oil

1 Put all the vegetables in a large bowl of iced water and leave in the fridge for 1 hr to crisp up. Drain well and pat dry on a tea towel, then tip into a large serving bowl.

2 To make the dressing, whisk all the ingredients together with a large pinch of salt until the sugar has dissolved. Pour over the vegetables, toss well and chill until ready to serve.

GOOD TO KNOW vit C • 2 of 5 a day • gluten free

PER SERVING (8) energy 115 kJ • fat 6g • saturates 1g • carbs 11g • sugars 11g • fibre 4g • protein 2g • salt 0.2g

1 Put the potatoes in a pan of cold salted water and bring to the boil. Simmer for 15 mins or until tender and a knife goes in easily. Meanwhile, combine the onion and vinegar in a large bowl, cover and set aside.

2 Drain the potatoes and return to the pan, then stand for 5 mins to steam-dry. Slice them into bite-sized pieces and add to the bowl with the onion and vinegar, season with salt to taste and toss to combine. Cover and chill until cold.

3 Combine the soured cream, mayonnaise and mustard, then add to the cold potatoes with the celery, gherkin and dill. Stir with a spatula until well combined, taking care not to break up the potatoes too much. Season to taste, then chill for at least 1 hr before serving.

GOOD TO KNOW good for you

PER SERVING (8) energy 222 kJ • fat 9g • saturates 3g • carbs 30g • sugars 7g • fibre 4g • protein 4g • salt 0.9g

Red & white potato salad with pickled onions

An American barbecue isn't complete without potato salad, and this version dates back to Scandinavian immigrants. The pickle and celery add a little crunch, and if you use small red new potatoes, you won't need to peel them.

SERVES 6-8 **PREP** 20 mins plus

1 hr chilling **COOK** 15 mins **EASY**

- 1.25kg/2lb 12oz red Roseval new potatoes
- 1 large red onion, halved and cut into thin half-moons
- 100ml/31/2fl oz white wine vinegar
- 150ml/1/4pt soured cream
- 3 tbsp mayonnaise
- 1 tbsp Dijon mustard
- 2 celery stalks, finely diced
- 1 gherkin from a jar, finely chopped
- 2 tbsp dill, chopped



HOW TO BARBECUE THE AMERICAN WAY

In the States, opinion is divided between charcoal and gas barbecues. Personally, I have both. I use charcoal for flavour, but switch to gas if it's pouring with rain and guests have been promised one of my famous all-American barbecues.

CHARCOAL FOR FLAVOUR

Nothing gives a better smoky flavour, as both briquettes and lump charcoal burn at a higher temperature than gas, giving your steak or burger a good char.

Lighting and preparing the coals is part of the fun, but it can be hard work in rain or wind. In the States, chimney starters (metal cylinders that you pack with newspaper or a firelighter and a small amount of charcoal) have taken off. Another American trick: keep a spraymister on hand for flare-ups.

GAS FOR CONVENIENCE

Rain or shine, the gas grill is always ready to fire up. Most come with temperature gauges and allow you to adjust or turn off burners to control the cooking, which is convenient for joints and larger pieces of meat. They don't provide a rich, smoky charcoal flavour, but you can make up for this by making a foil parcel of soaked woodchips, punching holes in the top and positioning it so that the airflow draws the smoke across the food.

DISPOSABLE & PORTABLE

These sound like a great idea, especially if you're going on a picnic or to the beach, but they often disappoint. In some cases, the coals are saturated with lighter fluid, which taints the food, and they vary drastically in how long they burn for, meaning you may end up with uncooked food.

It's better to invest in a portable barbecue, such as the Weber Go-Anywhere BBQ, which is designed to fit into the boot of a car.

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Simple sides

Recipes SOPHIE GODWIN Photograph TOM REGESTER

Chickpea mash

We've used dried chickpeas here, as they absorb the flavour of the cooking liquid much better than canned.

SERVES 6 PREP 5 mins plus overnight soaking COOK 1 hr 10 mins EASY 

500g/1lb 2oz pack of dried chickpeas
1 tsp fennel seeds
1 banana shallot, quartered lengthways
1 red chilli, deseeded and halved lengthways
2 rosemary sprigs
2 bay leaves

250ml/9fl oz white wine
1.3 litres/21/4 pints vegetable stock (we used Marigold bouillon)
extra virgin olive oil, to serve

1 In a large bowl, cover the chickpeas with cold water and soak overnight. The next day, drain and rinse well.

2 Tip the chickpeas into a large pan with all the other ingredients except the olive oil. Bring to the boil, then leave to simmer for 1 hr-1 hr 10 mins until the chickpeas are tender but not mushy.

3 Remove the bay leaves and rosemary sprigs. Working in batches, blitz the chickpeas in a food processor along with their cooking liquid and the shallot until smooth.

4 Reheat the mash if necessary and serve sharing-style with a generous drizzle of olive oil and some cracked black pepper on top.

GOOD TO KNOW low fat • folate • fibre • iron •

1 of 5 a day • good for you

PER SERVING 337 kcal • fat 5g • saturates 1g • carbs 42g • sugars 4g • fibre 12g • protein 18g • salt 0.3g



New potatoes with spinach & capers

SERVES 4 PREP 10 mins COOK 30 mins EASY V

500g/1lb 2oz new potatoes, halved
1 tbsp olive oil
2 tbsp butter
100g/4oz spinach
2 tbsp capers, drained and rinsed
zest and juice ½ lemon

1 Put the potatoes in a large saucepan and cover with cold salted water. Bring to the boil, then simmer for 15 mins until they are tender but still hold their shape, and you can insert a cutlery knife easily.

2 Drain the potatoes and allow to steam-dry. Heat the oil with 1 tbsp of the butter in a large frying pan over a medium-high heat. Once the butter is foaming, add the potatoes, cut-side down, and fry undisturbed for 5 mins until golden.

3 Add the remaining butter along with the spinach, capers, lemon zest and juice. Stir everything together for a few mins so that the potatoes are coated and the spinach has wilted, then season to taste with salt and black pepper.

GOOD TO KNOW gluten free

PER SERVING 175 kcals • fat 9g • saturates 4g • carbs 18g • sugars 2g • fibre 3g • protein 3g • salt 0.6g

Balsamic shallots & carrots with goat's cheese

SERVES 4 PREP 10 mins COOK 45 mins EASY V

2 tbsp balsamic vinegar
3 tbsp olive oil
2 tsp clear honey
4 thyme sprigs, leaves picked
300g/11oz baby carrots, unpeeled and scrubbed
300g/11oz banana shallots, halved lengthways, root left intact
50g/2oz soft goat's cheese
½ small bunch parsley, roughly chopped

Heat oven to 180C/160C fan/gas 4. Mix together the balsamic, oil, honey, thyme and some seasoning. Toss the veg in the dressing and spread out on a large baking tray. Roast for 45 mins until tender and beginning to caramelise. Crumble over the goat's cheese and parsley to serve.

GOOD TO KNOW 2 of 5 a day • gluten free


PER SERVING 175 kcals • fat 12g • saturates 3g • carbs 11g • sugars 10g • fibre 4g • protein 4g • salt 0.4g



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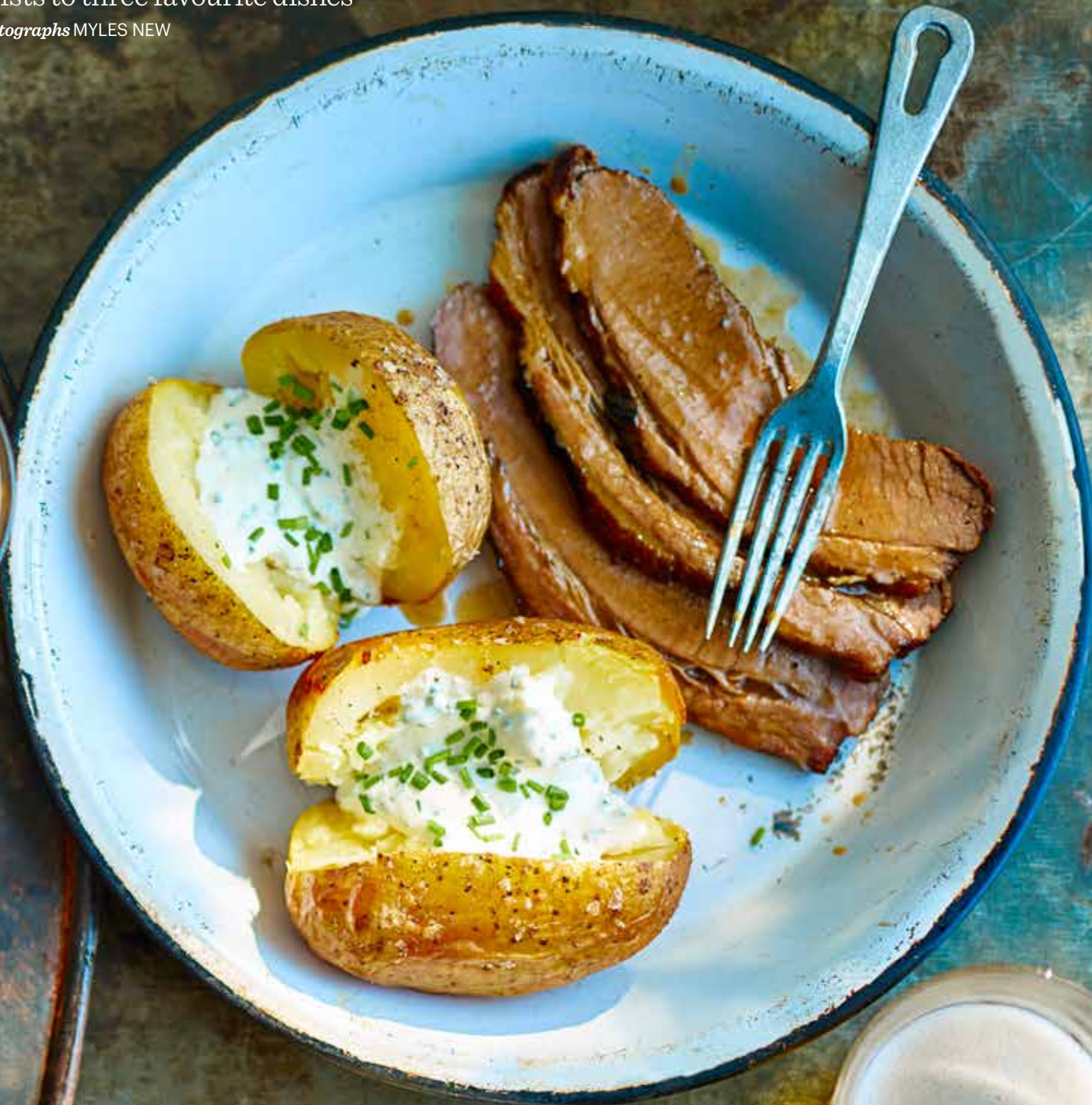


tavola studio

Spice it up!

Inspired by recipes from Japan, Denmark and the Americas, Rosie Birkett adds flavour-packed twists to three favourite dishes

photographs MYLES NEW



Smoky braised brisket, p56

Smoky braised brisket

Brisket has always been one of my favourite cuts because it's cheap and incredibly flavourful, with a lovely layer of fat running through it.

This recipe is inspired by the smoky flavours of American and South American barbecue.

SERVES 3-4 **PREP** 20 mins plus at least 1 hr marinating **COOK** 3 hrs 45 mins **EASY**

800g-1kg brisket, boneless
1 tbsp light muscovado sugar

For the spice mix

1 tsp smoked paprika
pinch chilli flakes
½ tsp garlic granules
½ tsp ground cumin

For the spicy gravy

1 dried chipotle chilli
1 tbsp beef dripping or neutral oil
1 onion, sliced
1 carrot, chopped
1 garlic clove, finely chopped
1 thyme sprig
1 bay leaf
1 star anise
1 lemon, zested
800ml good beef stock
1 tbsp plain flour
1 tbsp butter
1 tbsp honey

For the soured cream

1 tbsp snipped chives
100g soured cream or crème fraîche
½ lemon, juiced

To serve

jacket potatoes
buttered kale

1 Rub the brisket with the sugar and 1 tbsp sea salt and let sit for 5 mins. Mix the spices and 1 tbsp pepper, then rub all over the brisket. Leave to marinate in the fridge for at least 1 hr, or preferably more.

2 Take the meat out of the fridge 30 mins before cooking. Rehydrate the chipotle in hot water. Heat oven to 140C/120C fan/gas 1. Heat a heavy-bottomed flameproof casserole over a medium-high heat and add the dripping or oil. Brown the meat on all sides, then transfer to a plate.

3 Add the onion, carrot, garlic, thyme and bay leaf to the casserole and fry over a medium-high heat for 6-8 mins until aromatic, softened and starting to char and colour. Drain and chop the chipotle and add to the pot along with the brisket, star anise, lemon zest and stock. Bring the stock to a gentle simmer, then cover with a lid and put in the oven for 3 hrs or until tender.

4 Remove the brisket from the casserole and wrap in foil to keep warm while you finish making the spicy gravy. Put the casserole on the hob over a high heat and reduce for about 20 mins until beginning to thicken. Stir the flour and butter into a paste and add to the casserole. Stir until the paste has dissolved and the sauce is smooth and pourable. Season with salt and honey until you're happy with the flavour.

5 Mix the chives and soured cream with a squeeze of lemon juice. Unwrap and slice the brisket and reheat the slices briefly in the warm gravy, then serve with crispy, salt-roasted jacket potatoes, buttered kale and the soured cream.

PER SERVING (4) 552 kcs • fat 34g • saturates 16g • carbs 18g • sugars 13g • fibre 4g • protein 42g • salt 4.5g

Matcha madeleines

Bright green matcha madeleines were the absolute star of the afternoon tea at the Prince Gallery Hotel in Tokyo, where I stayed on a recent trip – sweet but with a satisfying bitterness. They inspired me to try my own update on the French classic – best served hot from the oven with a good cup of coffee. I'd recommend making the mix as far in advance as possible.

MAKES 24 **PREP** 20 mins plus overnight chilling **COOK** 10 mins **MORE EFFORT**

2 large eggs
1 large egg yolk
100g caster sugar
2 tsp high-grade matcha
125g plain flour, plus extra for dusting
5g baking powder
110g clarified butter or ghee, plus extra for greasing
2 tsp honey

1 In a large mixing bowl, whisk together the eggs, egg yolk, sugar, matcha and ½ tsp sea salt until foamy. While whisking, gradually sift in the flour and baking powder, making sure there are no lumps. Warm the clarified butter and honey in a pan over a low heat for 1-2 mins and gently pour into the madeleine mix, stirring constantly. Cover the mixture with cling film and chill in the fridge for a few hrs or overnight.

2 Heat oven to 220C/200C fan/gas 7. Butter and flour the madeleine tins (you don't need to do this if the moulds are silicone). Transfer the mixture to a piping bag. Half fill each hole in the mould. Bake in the oven for 3 mins, then reduce the temperature to 180C/160C fan/gas 4 and cook for a further 4-5 mins until the madeleines are golden brown and puffed. Remove from the tins immediately and devour.

PER MADELEINE 88 kcs • fat 5g • saturates 3g • carbs 9g • sugars 4g • fibre none • protein 1g • salt 0.1g

Blood orange & cardamom pancakes (aebleskiver)

This seasonal take on a classic dessert is inspired by 'hygge' – the Danish dedication to taking pleasure in everyday things and creating a sense of wellbeing and comfort. These tasty little buttermilk pancakes spiked with blood orange and cardamom are certainly very hygge. Called aebleskiver in Danish, they are traditionally made in a special aebleskiver pan (available from nordicware.com), but you can make them in a frying pan as mini bun-type pancakes.

MAKES 24 **PREP** 30 mins
COOK 20 mins **A CHALLENGE**

125g plain flour
½ tsp baking powder
½ tsp ground cardamom
200ml buttermilk
2 large eggs, separated
1 blood orange, zested
1 tbsp blood orange juice
50g butter, melted and cooled, plus extra for greasing
1 tbsp caster sugar
icing sugar, to dust

1 In a large bowl, combine the flour, baking powder, cardamom and a pinch of salt. In another bowl, mix the buttermilk, egg yolks, orange zest and juice and butter. Pour the wet ingredients into the dry and whisk to create a smooth batter.

2 Whisk the egg whites until stiff peaks form, then add the caster sugar, whisk again, then fold into the batter.
3 Butter an aebleskiver pan and set over a medium-high heat. Spoon 1 tbsp batter into each hole and allow to cook and set for about 1 min. Use a skewer or pointed palette knife to flip the pancakes around forty degrees, then add a bit more batter, allow to set and flip again, cooking and rotating until you have a golden puffed pancake ball. Alternatively, drop spoonfuls of batter into a buttered non-stick frying pan and cook for several mins on each side. Dust with icing sugar and serve hot.

PER AEBLESKIVER 49 kcs • fat 2g • saturates 1g • carbs 5g • sugars 1g • fibre none • protein 1g • salt 0.1g

Blood orange & cardamom
pancakes (æbleskiver)



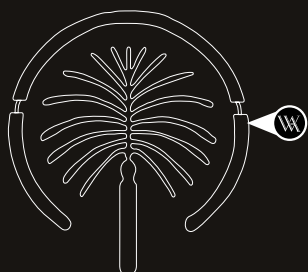


Matcha madeleines, p56



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Prawn one-pot

If you're sticking to your 'New Year, new you' plan for 2017, this dish is perfect to keep you on track. Packed with flavour and all the good stuff you need to stay on the healthy path.

recipe SARA BUENFELD photograph MIKE ENGLISH

Prawn jambalaya

This nourishing dish is a winner. It's low-fat, low-calorie, and provides 4 of your 5-a-day – plus it's all made in one pan!

SERVES 2 **PREP** 10 mins

COOK 35 mins **EASY**

1 tbsp rapeseed oil
1 onion, chopped
3 celery sticks, sliced
100g wholegrain basmati rice
1 tsp mild chilli powder
1 tbsp ground coriander
½ tsp fennel seeds
400g can chopped tomatoes
1 tsp vegetable bouillon powder
1 yellow pepper, roughly chopped
2 garlic cloves, chopped
1 tbsp fresh thyme leaves
150g pack small prawns, thawed if frozen
3 tbsp chopped parsley

1 Heat the oil in a large, deep frying pan. Add the onion and celery, and fry for 5 mins to soften. Add the rice and spices, and pour in the tomatoes with just under 1 can of water. Stir in the bouillon powder, pepper, garlic and thyme.

2 Cover the pan with a lid and simmer for 30 mins until the rice is tender and almost all the liquid has been absorbed. Stir in the prawns and parsley, cook briefly to heat through, then serve.

GOOD TO KNOW healthy • low fat • low cal • fibre • vit c • iron • 4 of 5-a-day

PER SERVING 396 kcal • fat 8g • saturates 1g • carbs 55g • sugars 15g • fibre 9g • protein 20g • salt 1.3g



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Master the grill

Texas BBQ medley

This recipe takes some time, but I'm convinced that once you've tried this method of smoking and slow cooking, you'll be converted. Don't skip the 24-hour dry brine; it seasons the meat right to the bone, and keeps it succulent during cooking.

SERVES 10 PREP 20 mins plus 24 hrs
brining **COOK 6 hrs 40 mins**
MORE EFFORT 

1 large chicken
5 beef short ribs (about 3kg), ribs separated
2kg piece boned pork shoulder, rind removed
Texas BBQ sauce (see recipe, p41)
sliced sweet white onions and sliced gherkins, to serve
For the brine and rub
8 tbsp good-quality flaky sea salt
2 tsp fennel seeds
1 tbsp black peppercorns
3 bay leaves
2 tsp cayenne pepper
1 tbsp smoked paprika
2 tsp garlic salt
150g soft light brown sugar
50g golden caster sugar
You will need
wood chips (optional)

1 You'll need to brine the meat at least 24 hrs before your BBQ. First, spatchcock the chicken. Flip the chicken over so the backbone is facing you. Use a sturdy pair of kitchen or poultry scissors to cut down either side of the backbone, then discard. Turn the chicken over and push down firmly on the breastbone to flatten out the bird. Make a few slashes in each leg joint. (To watch a video showing how to spatchcock a chicken, visit bbcgoodfoodme.com/videos/spatchcock.)

2 Put each cut of meat in a separate, large sealable bag. Sprinkle 1 tbsp salt into each bag and massage it all over the meat. Squeeze the air from

the bags, seal tightly and put in the fridge for 24 hrs.

3 Tip the remaining salt, fennel seeds and peppercorns into a mortar. Tear the bay into small pieces and add this too. Crush the ingredients with the pestle until finely ground. Add the cayenne, paprika, garlic salt and sugars, and mix well. Remove the meat from the bags and pat dry with kitchen paper. Cover each cut with the rub, making sure you get into every nook. Return to the fridge for at least 1-2 hrs while you prepare the barbecue, or up to 24 hrs.

4 You'll need to start the barbecue 7-8 hrs before you want to eat. Heat the coals and leave them until ashen. Add your wood chips, if using. When the flames have died down and you're left with smoky cinders, push the coals and wood chips to one side of the BBQ pit, then replace the grill and add the beef and pork, placing them above the empty side of the pit – this will ensure the meat smokes but doesn't burn. Pull down the lid and cook the meat for 30-40 mins, turning every now and then, until a dark crust has formed around the meat. Don't be afraid to take it quite far, the crust should be almost black (but caramelised as opposed to burnt). Heat oven to 140C/120C fan/gas 1.

5 Transfer the meat to roasting tins, wrap tightly with foil and cook in the oven for 5-6 hrs until really tender.

6 When the meat has 1-1½ hrs to go, reheat the BBQ and wait for the coals to turn ashen before adding more wood chips. When the flames have died down, push to one side as before. Put the chicken on the BBQ, bone-side down, above the empty side of the pit. Cook for 20-25 mins on each side or until cooked through – check by piercing a leg to see if the juices are clear, or use a meat thermometer to check the internal temperature has reached 70C. Wrap tightly in foil and set aside to rest.

7 After 5-6 hrs, the beef and pork should be really tender. Remove from the oven and leave to rest for 15 mins. If you've made the BBQ sauce (p36), brush this over the meat for a

glossy finish. Remove any string from the pork and shred the meat. Cut the chicken into portions and serve everything on a big platter with the sliced sweet onions, gherkins and sides.

BENEFITS gluten free (without BBQ sauce)
PER SERVING 990 kcals • fat 71g • saturates 26g •
carbs 23g • sugars 23g • fibre 1g • protein 64g •
salt 11.5g

Texas BBQ sauce

MAKES 450ml PREP 5 mins
COOK 5 mins EASY

200g ketchup
100ml cider vinegar
100g dark muscovado sugar
1 tbsp Worcestershire sauce
1 tsp smoked paprika
juice ½ orange
2 tsp liquid smoke (optional, we used
Stubb's Hickory Liquid Smoke,
available from Waitrose)
1 garlic clove, crushed
15g butter

Combine the ingredients in a saucepan, then season. Bring to the boil and bubble for 3-4 mins until the sugar and salt have dissolved and the sauce is glossy. Remove from the heat, transfer to a jar, and leave to cool. *Will keep in the fridge for up to 2 weeks*

BENEFITS freezable • low fat
PER SERVING 32 kcals • fat 1g • saturates none • carbs 6g •
sugars 6g • fibre none • protein none • salt 0.2g



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recipes KATY GILHOOLY photographs MIKE ENGLISH



gluten & dairy free

Leek & butter bean soup with crispy kale & bacon

Butter beans give this dairy-free soup a creamy texture and the starchy liquid from the can helps to thicken it.

SERVES 4 PREP 10 mins

COOK 30 mins EASY

4 tsp olive oil
500g leeks sliced
4 thyme sprigs, leaves picked
2 x 400g cans butter beans
500ml vegetable bouillion stock
2 tsp wholegrain mustard
½ small pack flat-leaf parsley
3 rashers streaky bacon
40g chopped kale, any tough stems removed
25g hazelnuts, roughly chopped

1 Heat 1 tbsp oil in a large saucepan over a low heat. Add the leeks, thyme and seasoning. Cover and cook for 15 mins until softened, adding a splash of water if the leeks start to stick. Add the butter beans with the water from the cans, the stock and mustard. Bring to the boil and simmer for 3-4 mins until hot. Blend the soup in a food processor or with a stick blender, stir through the parsley and check the seasoning.

2 Put the bacon in a large, non-stick frying pan over a medium heat. Cook for 3-4 mins until crispy, then set aside to cool. Add the remaining 1 tsp oil to the pan, and tip in the kale and hazelnuts. Cook for 2 mins, stirring until the kale is wilted and crisping at the edges and the hazelnuts are toasted. Cut the bacon into small pieces, then stir into the kale mixture.

3 Reheat the soup, adding a splash of water if it is too thick. Serve in bowls sprinkled with the bacon & kale mixture.

GOOD TO KNOW healthy • low fat • fibre • vit c •
2 of 5-a-day • gluten free

PER SERVING 274 kcals • fat 12g • saturates 2g •
carbs 21g • sugars 4g • fibre 12g • protein 14g •
salt 0.8g



recipe for one

Jacket potato with whipped feta & sumac

If you're in a hurry, you can cook the potato in the microwave first, then drizzle over the garlic oil and bake for a further 15 minutes to crisp up. The fragrant, zesty flavour of sumac is a refreshing contrast to the creamy whipped feta.

SERVES 1 PREP 10 mins
COOK 1 hr 15 mins EASY V

1 baking potato
2 tsp olive oil
1/2 tsp garlic salt
50g feta
50g Greek yogurt
1 roasted red pepper from a jar (about 25g), finely chopped
1/2 tsp sumac
few basil leaves, to serve (optional)

1 Heat oven to 220C/200C fan/gas 6. Prick the potato all over with a fork and bake for 1 hr until it is golden outside and soft inside. Mix 1 tsp olive oil with the garlic salt. Cut a deep cross into the top of the jacket, drizzle the garlic oil into the cross and rub it all over the outside. Return to the oven and bake for 15 mins more until the edges are golden and crispy.

2 Meanwhile, crumble the feta into a bowl, add the yogurt and whisk together until creamy. Stir in the red pepper with a good grind of black pepper and spoon the whipped feta into the jacket. Sprinkle with the sumac, drizzle over the remaining 1 tsp olive oil and scatter a few torn basil leaves on top, if you like.

GOOD TO KNOW calcium • gluten free
PER SERVING 420 kcals • fat 22g • saturates 11g • carbs 39g • sugars 5g • fibre 4g • protein 15g • salt 3g

Sticky hoisin pork steaks

Served with a fresh, crunchy slaw and a sweet glaze that soaks into the rice, this simple dish will keep everyone happy.

SERVES 6 PREP 20 mins
COOK 15 mins EASY □ !

150g hoisin sauce
6 thin-cut pork loin steaks
360g long-grain rice
1 tbsp sunflower oil
1 tbsp soy sauce
3 spring onions, thinly sliced on an angle

For the slaw

2 tbsp white wine vinegar
1 tbsp soy sauce
1/2 red cabbage, cored and finely shredded (about 300g)
300g carrots, coarsely grated or cut into matchsticks
1/2 cucumber, halved, deseeded and thinly sliced
1/2 small pack mint

1 Put a large pan of water on to boil. Pour 75g hoisin sauce into a shallow dish, add the pork and turn to coat. Cover and leave to sit at room temperature. Meanwhile, make the slaw. In a large bowl, mix the vinegar with the soy. Add the cabbage, carrot and cucumber, and toss together.

2 Tip the rice into the pan of boiling water and cook following pack instructions. Heat the oil in a non-stick frying pan large enough to fit the steaks. Cook over a medium-high heat for 2-3 mins on each side until cooked through and slightly charred. Lift the steaks out of the pan onto a warm plate and cover with foil. If the cooking juices have burnt, wipe the pan out first, otherwise add the remaining hoisin straight to the frying pan with 1 tbsp soy sauce and 100ml water and bubble gently.

3 Drain the rice, divide between six plates and put the steaks on top. Spoon the extra hoisin sauce over the steaks so it soaks into the rice below, then scatter over the spring onions. Tear the mint leaves and stir them into the slaw, then serve alongside the steaks.

GOOD TO KNOW 1 of 5-a-day
PER SERVING 666 kcals • fat 26g • saturates 8g • carbs 65g • sugars 13g • fibre 5g • protein 40g • salt 2g



3 of your 5-a-day



storecupboard supper

Sardine pasta with crunchy parsley crumbs

An affordable way to include oily fish in your diet. Canned sardines are a good source of omega 3 and add oomph to this pasta sauce.

SERVES 4 PREP 10 mins
COOK 25 mins EASY

1 tbsp olive oil
50g dried breadcrumbs
3 garlic cloves, finely chopped
1 rosemary sprig, leaves finely chopped
2 x 120g cans sardines, drained
500g passata
50g sliced black olives, drained
350g linguine or fusilli
small pack parsley, leaves chopped
25g Parmesan, finely grated

1 Heat 1 tsp olive oil in a non-stick frying pan over a low-medium heat. Add the breadcrumbs and cook, stirring, until they start to turn golden. Add another 1 tsp oil and the garlic. Cook, stirring, for a moment, then tip onto a plate and set aside to cool.

2 Put a large pan of salted water on to boil. Return the frying pan to a medium heat. Add the remaining 1 tsp olive oil with the rosemary and the sardines. Cook for 2-3 mins, gently breaking up the sardines with a wooden spoon. Pour in the passata, add the olives and leave to simmer gently for about 10 mins.

3 Meanwhile, add the pasta to the boiling water and cook following pack instructions. Stir the parsley and half the Parmesan into the

breadcrumbs. Drain the pasta, reserving a little of the cooking water. Add a splash of the water to the tomato sauce until it is thin enough to coat the pasta, then stir in the remaining Parmesan. Toss the pasta in the sauce and serve in bowls, each topped with a handful of the crunchy breadcrumbs.

GOOD TO KNOW healthy • calcium • fibre • omega-3 •
1 of 5-a-day
PER SERVING 536 kcal • fat 14g • saturates 3g •
carbs 75g • sugars 8g • fibre 6g • protein 25g • salt 1.1g

Paneer-stuffed pancakes

These are cheap, easy, satisfying – and quick.

SERVES 2 PREP 10 mins

COOK 10 mins EASY V

1 large egg, lightly beaten
100ml semi-skimmed milk
50g plain flour
1 tsp sunflower oil, plus extra for frying the pancakes
100g frozen spinach
½ x 226g pack paneer, cut into medium cubes
1 tbsp hot curry paste
400g can chickpeas, drained and rinsed
150g passata
75ml coconut yogurt
1 tbsp mango chutney

1 Heat oven to 110C/90C fan/gas ½. To make the pancake batter, gradually mix the egg and milk into the flour either in a food processor or in a bowl by hand with a whisk. Heat a little oil in a non-stick crêpe or frying pan over a medium heat.

Pour in about a quarter of the batter and swirl it around to coat the pan. Cook for about 30 secs on each side, then lift onto a baking tray and put in the oven to keep warm. Repeat with the rest of the batter, adding a little more oil to the pan each time – layer baking parchment between the finished pancakes so they don't stick together.

2 Cook the frozen spinach in the microwave for 4 mins or following pack instructions. Meanwhile, heat 1 tsp oil in a non-stick frying pan on a medium heat. Add the paneer and fry for 20 secs on each side until crisp and golden. Stir in the curry paste, then add the chickpeas, passata and spinach, and heat through. If the mixture is too dry, add a splash of water.

3 Mix the coconut yogurt with the mango chutney. Divide the hot filling between the pancakes, spoon on some yogurt, then roll up to serve.

GOOD TO KNOW calcium • fibre • iron • 2 of 5-a-day
PER SERVING 696 kcs • fat 37g • saturates 18g • carbs 50g • sugars 11g • fibre 11g • protein 36g • salt 0.9g

20-minute meal**crowd-pleaser****Egg-fried cauliflower rice with prawn cracker crumbs**

Using cauliflower for rice bumps up the veg count, while frozen peas and beans keep costs down.

SERVES 2 PREP 15 mins

COOK 10 mins EASY V

160g frozen green beans
160g frozen peas
1 tbsp sunflower oil
50g bacon lardons
1 onion, chopped
160g carrots, peeled and finely chopped
1 large egg, beaten
200g small cauliflower florets
1 tbsp soy sauce
25ml sweet chilli sauce
20g prawn crackers

1 Put the kettle on to boil. Put the beans and peas in a large sieve then pour over the boiled water to defrost them. Drain and set aside.
2 Heat 1 tsp oil in a large, non-stick frying pan or wok. Add the bacon and fry for 2-3 mins. Add another

1 tsp oil and cook the onion and carrots for 1-2 mins until slightly softened, then push the veg and bacon to one side of the pan. Add the final 1 tsp oil, then pour in the egg, stirring constantly to scramble it.
3 Pulse the cauliflower in a food processor until it resembles rice. Add the cauliflower and soy to the pan, and stir together. Add the green beans and peas, and cook, stirring, for 1-2 mins until hot through. Divide between two plates and serve with sweet chilli sauce drizzling. Break the prawn crackers into rough crumbs. The crackers absorb moisture quickly so, to keep them crunchy, it's best to serve them in a dish on the side to sprinkle over the rice while eating.

GOOD TO KNOW low cal • folate • fibre • vit c • 5 of 5-a-day
PER SERVING 428 kcs • fat 18g • saturates 4g • carbs 40g • sugars 25g • fibre 16g • protein 18g • salt 2.5g





salted caramel dessert

Butterscotch banana pie

This looks impressive but uses storecupboard ingredients and is ready in under half an hour.

SERVES 6 PREP 20 mins plus chilling COOK 5 mins EASY

100g dark chocolate
125g malted milk or digestive biscuits
66g pack butterscotch pudding whip (we used Angel Delight)
300ml milk
2 medium bananas
60g salted caramel sauce (or add a pinch of salt to caramel sauce)

1 Melt 75g of the chocolate in the microwave in 30 second bursts. Whizz the biscuits in a food processor into crumbs. Pour the melted chocolate onto the biscuit crumbs and whizz again. Spread the biscuit mixture across the base and up the sides of a 16-18cm shallow pie or cake tin, then put in the fridge to set.

2 Sprinkle the butterscotch pudding powder into the milk and whisk together until smooth. Slice the bananas. Take the tin out of the fridge and spread the salted caramel sauce over the base. Cover the caramel with the banana slices.

The pudding will have started to thicken, so give it a brief whisk, then spoon it over the bananas. Put in the fridge for 5-10 mins to set. Melt the remaining chocolate and drizzle over the pie to serve.

PER SERVING 323 kcs • fat 15g • saturates 8g • carbs 41g • sugars 27g • fibre 3g • protein 5g • salt 0.7g



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Sunny side up!

Make Mother's Day special with a brunch for one

Recipe CASSIE BEST Photograph DAVID MUNNS

Egg-in-the-hole smoked salmon & avocado toastie

SERVES 1 **PREP** 10 mins **COOK** 10 mins
EASY

knob of butter
2 slices white bread
½ ripe avocado
½ lemon, plus a wedge to serve
handful watercress
1 large egg
few slices smoked salmon

1 Heat a large frying pan over a medium heat. Butter both sides of each slice of bread, then cut a large heart (or circle) out of the centre of one slice using a knife or biscuit cutter. Place the slices of bread, including the cut-out piece, into the frying pan and cook for 2 mins until golden. While the bread is cooking, slice the avocado and squeeze over the lemon juice. Toss the watercress in a little lemon juice, too.

2 Flip the bread over, then crack the egg into the cut-out hole. After 1-2 mins, the whole slice of bread and cut-out piece should be golden brown on both sides. Transfer to a plate (eat the cut-out as a chef's perk, if you like!). Cover the pan with a lid, or some foil, and lower the heat. Continue cooking for a further 1-2 mins until the egg is done to your liking.

3 Top the toasted slice of bread with the avocado, smoked salmon and watercress, and season with a twist of pepper. Put the egg-in-the-hole slice on top and serve with an extra wedge of lemon, if you like.

GOOD TO KNOW folate • vit C • omega 3 • 2 of 5 a day
PER SERVING 415 kcals • protein 28g • carbs 23g • fat 24g •
sat fat 7g • fibre 5g • sugar 2g • salt 3.6g



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Bake biscuits for Mum



Our cookery team share their twists on classic biscuit favourites – so good you'll want to bake them all

Photographs WILL HEAP

Lemon
sherbet
jammy
dodgers
↘

Sticky toffee
fig rolls
↓

Strawberry
& cream
rolly-polly
↙

↗
Double
chocolate
shortbread
fingers



↑
Coconut Nice



Dunk me in... a mug
of English Breakfast tea

Sticky toffee fig rolls

At my Scouts or after-school club, you could always choose a biscuit to go with your squash. When you managed to get your hands on a fig roll, it felt like you'd got lucky – more than just a biscuit, it had a filling too. Here, I've stayed true to the original in terms of shape and filling but I've boosted the sweetness with chewy toffees.

Barney Desmazery, Senior food editor

MAKES 16 PREP 30 mins plus 1 hr chilling COOK 30 mins EASY

For the pastry

140g/5oz plain flour, plus extra for rolling
85g/3oz wholemeal flour
50g/2oz golden caster sugar
1/2 tsp mixed spice

140g/5oz cold unsalted butter, diced
1 medium egg yolk

For the filling

200g/7oz soft dried figs, roughly chopped
zest and juice 1 orange
50g/2oz golden caster sugar
100g/4oz chewy toffees, chopped

1 Tip the flours, sugar, spice, a pinch of salt and the butter into a food processor and pulse until it has the texture of breadcrumbs. Add the egg yolk and pulse again until you have a pastry. Wrap in cling film and leave to chill for 1 hr.

2 While the pastry is chilling, tip the figs, orange zest and juice and the sugar into a saucepan and just cover with water. Bring to a simmer and cook gently for about 10 mins or until sticky like a chutney. Leave to cool slightly, then blitz in a food processor. Leave the mixture to cool

completely, then fold through the toffees and set aside.

3 Heat oven to 200C/180C fan/gas 6. Roll out the pastry on a lightly floured surface to a rectangle the same size as an A4 piece of paper. Cut lengthways down the middle to give you 2 long pastry strips. Spoon half the filling down 1 side of each pastry strip, leaving a slight border at the edge. Brush the edges with water and fold the pastry over to seal – like making a sausage roll. Make a fork print along the top. Place the rolls seal-side down on a baking tray and bake for 20 mins until brown. Remove from the oven and leave to cool, then cut the rolls into 8 pieces. Will keep in a biscuit tin for up to 1 week.

GOOD TO KNOW freezable (unfilled dough only)
PER FIG ROLL energy 202 kJ • fat 9g • saturates 5g • carbs 26g • sugars 16g • fibre 2g • protein 2g • salt 0.1g

Strawberry & cream roly-polys

For a bright pink swirl, use a good splash of food colouring to enhance the strawberry powder's natural rosy hue, as this will fade once baked.

Cassie Best, Food editor

MAKES 24 PREP 35 mins plus 1 hr 30 mins chilling COOK about 15-20 mins A LITTLE EFFORT

2 x 7g packs freeze-dried strawberry pieces (available from Waitrose or online)
140g/5oz cold slightly salted butter, cubed
250g/9oz plain flour, plus extra for dusting
100g/4oz icing sugar
1 tsp vanilla extract
1 large egg yolk
2 tbsp double cream
good splash or squeeze of red or pink food colouring

1 Tip the freeze-dried strawberries into a food processor and whizz to a powder. Transfer to a bowl, then wash the bowl of the food processor.

2 Put the butter and flour in the food processor with a good pinch of salt and blend until the mixture

resembles breadcrumbs. Add the icing sugar and whizz again. In a small bowl, whisk together the vanilla extract, egg yolk and cream, then add to the mixture in the food processor and whizz again until the dough clumps around the blade and most of the small crumbs have been worked into the dough.

3 Scoop about half the dough out of the processor (being careful not to cut yourself on the sharp blade) and briefly knead it on a work surface to bring it together. Shape into a puck, then wrap in cling film and chill. Add the strawberry powder and a few drops of food colouring to the remaining dough in the blender, and whizz again until evenly coloured and combined – it should be bright pink (add more colouring if needed). Tip onto the work surface, flatten to roughly the same shape as the other dough, then wrap and chill for 30 mins.

4 Remove both pieces of dough from the fridge 10-15 mins before you want to roll them. Dust the work surface with a little flour and unwrap the doughs. Place 1 piece of dough on top of the other, squashing the sides until they are roughly the same shape. Flour your rolling pin, then roll the dough into a rectangle, roughly 25cm

x 20cm – this is easiest if you first 'notch' the dough, which means pressing the rolling pin firmly over the surface in one direction to make a long indentation in one direction, then turning the dough 90 degrees and repeating the process.

5 From one of the longer sides, roll the dough into a tight coil, as you would a Swiss roll. Wrap the dough in cling film and chill for 1 hr. Or you can freeze it for up to 2 months. About 10 mins before you are ready to bake the biscuits, heat oven to 180C/160C fan/gas 4 and line 2 baking sheets with baking parchment.

6 When the dough is firm, cut off and discard the end pieces, then slice into discs about the thickness of a £1 coin. Lay the biscuit dough out on your baking trays, spaced a little apart, and bake for 15-17 mins, swapping the trays over halfway through cooking, until the biscuits are firm and starting to turn pale golden around the edges. Leave to cool on the trays for 5 mins, then transfer to a wire rack to cool completely. Store in a biscuit tin for 3 days.

GOOD TO KNOW freezable
PER ROLY-POLY 114 kJ • fat 6g • saturates 4g • carbs 12g • sugars 5g • fibre 1g • protein 1g • salt 0.1g

The dunk test!

We put classic biscuits through their paces.

Dipping them up to their middle in a cup of tea, here's how long they lasted before they disintegrated.





Dunk me in... fragrant Earl Grey tea

Dunk me in...
ginger tea



Lemon sherbet jammy dodgers

Everyone's favourite jam biscuit gets a zesty makeover. Cassie

MAKES 15 PREP 45 mins plus chilling
COOK 15 mins EASY

For the biscuit

175g/6oz cold slightly salted butter, cubed
250g/9oz plain flour, plus extra for dusting
100g/4oz icing sugar
zest 1 lemon, plus 1-2 tsp juice
1 large egg yolk
23g pack sherbet (I used Dip Dab)

For the filling

75g/21/2oz slightly salted butter, at room temperature
250g/9oz icing sugar
100g/4oz lemon curd

1 In a food processor, whizz the butter, flour and a pinch of salt until the mixture resembles fine breadcrumbs. Add the sugar and lemon zest and whizz again. Add the lemon juice and egg yolk and blend until clumps of dough form around the blades. Keep blending, using the pulse button, until larger balls of dough have formed. Tip out the mixture onto a work surface and knead briefly to bring it together in a smooth ball – don't overwork it or it will be tough. Cut the dough into 2 equal pieces and pat into flat discs, then wrap in cling film and chill for at least 30 mins. Line 2 baking sheets with baking parchment.

2 Remove the dough from the fridge 15 mins before you're ready to roll it. Lightly flour your work surface and rolling pin. Unwrap 1 piece of dough and roll it out to the thickness of a 50p piece. Use a 6cm cutter to stamp out discs (you should get about 15) and transfer to a baking sheet using a palette knife.

3 Unwrap and roll out the remaining dough to the same thickness. Stamp

out 15 discs and transfer to the second baking sheet. Use a small round cutter (about 1cm) or the end of a piping nozzle to stamp holes from the middle of 15 of the biscuits. Loosely cover the trays with cling film and chill for 15 mins. Heat oven to 180C/160C fan/gas 4.

4 Bake the biscuits for 15 mins, swapping the trays over halfway through. Remove from the oven, leave to cool for 5 mins, then transfer to a wire rack and leave to cool completely.

5 Meanwhile, make the filling. Place the butter, sugar and half the lemon curd in a bowl. Mash together, then blend with an electric hand whisk. Transfer to a piping bag and snip off the end, making a 1cm opening. Place the remaining lemon curd in another piping bag and snip off the end to make a slightly smaller hole. Dust a little sherbet over the biscuits with a hole in the centre.

6 Pipe blobs of lemon filling in a ring shape onto each whole biscuit, leaving space in the centre to fill with lemon curd. Fill the middles, then sandwich a sherbet-dusted biscuit on top of each one. Store in a biscuit tin for 3 days.

GOOD TO KNOW freezable (unbaked dough only)
PER JAMMY DODGER energy 151 kJ • fat 7g • saturates 4g • carbs 20g • sugars 13g • fibre none • protein 1g • salt 0.1g

Dunk me in...
a cup of milky
hot chocolate



Double chocolate shortbread fingers

I've added milk and white chocolate to these, but you could use dark chocolate instead of milk for a slightly more grown-up version. The key to the best shortbread is to fold in the dry ingredients very gently and quickly.

Chelsie Collins, Cookery assistant

MAKES 14-16 PREP 15 mins plus cooling
COOK about 10 mins EASY

200g/7oz slightly salted butter, softened
50g/2oz icing sugar
2 tsp vanilla extract
200g/7oz plain flour
2 tsp cornflour
1/2 tsp baking powder
50g/2oz milk chocolate, broken into chunks
50g/2oz white chocolate, broken into chunks

1 Heat oven to 180C/160C fan/gas 4 and line 2 baking sheets with baking parchment. Put the butter and sugar in a large bowl and beat with an electric hand whisk for about 5 mins until pale and fluffy. Add the vanilla extract and beat again until fully incorporated.

2 Sift in the flour, cornflour and baking powder, and fold into the mixture using a spatula until combined (the dough should have a

tacky consistency). Spoon the dough into a piping bag fitted with a large star-shaped nozzle. If all the mixture doesn't fit, do it in 2 batches.

3 Pipe 10cm long, 1.5cm wide fingers onto the baking sheets, making sure there are 3cm spaces between each finger. Bake for 8-10 mins, swapping the trays over halfway through the cooking time, until pale golden and cooked through. Leave to cool on the baking sheets for a few mins, then transfer to wire racks.

4 Melt the chocolate separately over a pan of gently simmering water (making sure that the bottom of the bowl doesn't touch the water) or in the microwave in short bursts, stirring every 15 secs or so. Dip 1 end of the shortbread fingers into the bowl of milk chocolate and the other end in the white chocolate. Leave to set on baking parchment before serving.

GOOD TO KNOW freezable (unbaked dough only)
PER FINGER (16) energy 187 kJ • fat 12g • saturates 8g • carbs 16g • sugars 7g • fibre 1g • protein 2g • salt 0.2g

Coconut Nice

Many a joke has been made about this biscuit and my surname. No, we didn't invent them, and yes, I do sometimes wish we had, as then we might be millionaires! Here they are even Nice-r; my brother is vegan, so I have made them suitable for him too.

Miriam Nice, Assistant food editor

MAKES around 30 **PREP** 30 mins

COOK 40 mins (for all the batches)

A LITTLE EFFORT

For the biscuit

1 tbsp linseeds

400g/14oz plain flour, plus extra for dusting

200g/7oz coconut oil

50g/2oz desiccated coconut

280g/10oz golden caster sugar

For the topping

4 tbsp coconut cream

200-225g/7-8oz icing sugar

50g/2oz desiccated coconut

1 Heat oven to 180C/160C fan/gas 4.

Put the linseeds in a small bowl and add 3 tbsp water. Leave to soak for 5-10 mins. Meanwhile, rub the flour and coconut oil together in a large mixing bowl until the coconut oil is well distributed and the mixture looks like fresh breadcrumbs. Stir in the desiccated coconut and set aside.

2 Tip the linseeds, together with their soaking water, into the bowl of a mini food processor and blitz until frothy. Add the sugar and blitz again until well mixed. Pour the linseed and sugar mixture into the flour and coconut oil and knead together to form a ball of dough. If the dough feels like it's too dry and may crack when rolling out, add a little water, 1 tsp at a time.

3 Transfer the dough to a floured surface and roll it out to about the thickness of a £1 coin. Cut into 7cm x 4cm rectangles and place on a large baking sheet lined with baking parchment – make sure you leave 2-3cm between each biscuit. Bake in batches for 10-12 mins or until just starting to turn golden at the edges. Transfer to a wire rack using a palette knife or fish slice and leave to cool completely before decorating.

4 To decorate, mix together the coconut cream and enough icing sugar to make a thick paste. Transfer to a piping bag and pipe a thin line all around the outside edge of a biscuit, then dip the icing into the desiccated coconut. Repeat with all of the biscuits. Pipe the word 'NICE' onto the middle of each biscuit, then leave to set.

PER BISCUIT energy 174 kcal • fat 9g • saturates 8g • carbs 20g • sugars 10g • fibre 1g • protein 2g • salt none



Dunk me in... a glass of cold almond milk



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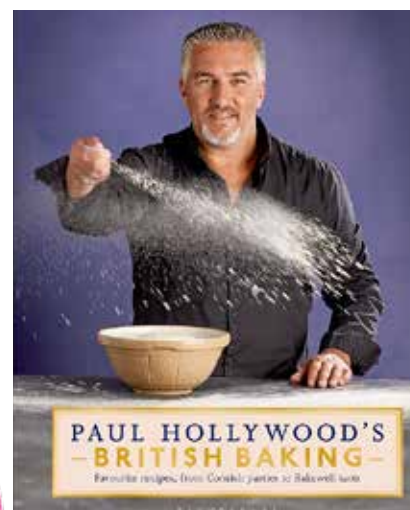
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My life on a plate **MELANIE C**

Everyone has a dish that brings back childhood memories, and one they'd like to pass on to the next generation. Here, the former Spice Girl shares two of her most treasured recipes

interview ROSANNA GREENSTREET

Since going solo, singer-songwriter Melanie Chisholm – aka Sporty Spice – has released seven albums and sold over 12 million records. She has also become an award-winning musical theatre actress having starred in *Blood Brothers* and *Jesus Christ Superstar*. Her latest album, *Version of Me* (Red Girl Records), is out now. [@MelanieCmusic](#)

Mel with her mum, Joan



The recipe I grew up with: scouse

My mum, Joan, always found time to cook from scratch when I was young, even though she worked full time and sang in a band. She was really organised: she'd do her shopping and would know what we were going to have every day, and used leftovers wisely.

A lot of people from Liverpool will know scouse. It is basically Irish stew and I think it originally came to Liverpool with Irish immigrants – there are many in my family tree. Lamb or beef, potatoes, carrots and onion are cooked slowly together, and you have it with red cabbage or beetroot. When scouse is on the stove, there's no smell like it. It's like a warm hug.

I joined the Spice Girls when I was 20 and it was an insane time. I developed an eating disorder; I was in the spotlight, being photographed constantly, and I started to become self-conscious of my body image. I was in denial for a long time but I always wanted to get better – I had talking therapies and holistic therapies, like acupuncture.

Sport became really important to me too. I love to be physically fit and, obviously, to really push yourself, you have to make sure you eat the right things.

I like to think I have a healthy relationship with food now, and I love to cook. We're so much more aware of nutrition nowadays. When I was a teenager, I didn't know the difference between a protein and a carb. We need to get back to realising that we are what we eat.

Mel C's scouse

SERVES 4 **PREP 15 mins**
COOK 2 hrs 20 mins **EASY** 

500g lamb neck fillet, cut into chunky pieces
1 tbsp plain flour
3 tbsp vegetable oil, plus more if needed
1 large onion, chopped
4 carrots, cut into chunks
350g turnip, cut into chunks
250ml bitter ale (I use Cains Finest)
250ml chicken stock
2 bay leaves
2 thyme sprigs
2 beef stock cubes
500g potatoes, cut into chunks
pickled red cabbage or cooked beetroot, to serve (optional)

1 Toss the lamb pieces in flour and season well. Heat 1 tbsp oil in a large flameproof casserole dish over a high heat. Working in batches, brown the lamb on all sides, adding more oil if needed, then set aside on a plate.

2 Turn down the heat to medium and pour in 2 tbsp oil, tip in the onion, carrots and turnips, add a pinch of salt and cook for 8 mins until softened and coloured. Return the meat to the dish along with the ale, stock and herbs. Crumble in the stock cubes and season well.

3 Bring to the boil, then reduce the heat to a simmer, sitting the potatoes on the top of the stew. Cook for 2 hrs until the meat is tender and the potatoes are soft. Serve with pickled cabbage or beetroot, if you like.

GOOD TO KNOW fibre • 2 of 5-a-day
PER SERVING 564 kcal • fat 30g • saturates 10g •
carbs 38g • sugars 12g • fibre 8g • protein 28g •
salt 1.4g



The recipe I'd like to pass on: raw lemon cheesecake

This raw lemon cheesecake is a winner and kids lap it up. It's dairy free and gluten free with just a little agave syrup to sweeten it.

My daughter Scarlett is seven and a half, and sometimes she'll want to get involved with the cooking; other times there are more interesting things to do. As a parent, it's important to give your children life skills, so when they do go off, they can at least boil an egg!

Raw lemon cheesecake

SERVES 12 **PREP 15 mins** plus soaking and chilling **NO COOK**

For the base

30g coconut oil, plus extra for greasing
100g blanched almonds
100g soft pitted dates

For the topping

300g cashew nuts
2½ tbsp agave syrup
50g coconut oil
150ml almond milk
2 lemons, zested and juiced

1 Put the cashews in a large bowl, pour over boiling water and leave to soak for 1 hr. Meanwhile, blitz the ingredients for the base with a pinch of salt in a food processor. Grease a 23cm tart tin with coconut oil, then press the mix into the base and pop in the fridge to set (about 30 mins).

2 Drain the cashews and tip into the cleaned out food processor. Add all the remaining topping ingredients, reserving a quarter of the lemon zest in damp kitchen paper to serve, then blitz until smooth. Spoon onto the base and put in the fridge to set completely (about 2 hrs). Just before serving, scatter over the reserved lemon zest.

GOOD TO KNOW vegan • gluten free
PER SERVING 297 kcal • fat 22g • saturates 8g •
carbs 16g • sugars 10g • fibre 1g • protein 7g • salt 0.1g



How to live in...

Istria Croatia

Our new guide is packed with local knowledge to help you track down what to eat and where to go for the best foodie experiences when you travel

feature KRISTIN VUKOVIĆ



The daily market at the harbour in Rovinj

Croatian cuisine is defined by its regions and the many influences over the centuries that left imprints on its culture and food. Mediterranean and central European, elements of German, Austrian, Hungarian, Italian and Turkish cuisine are reflected in different parts of the country's rich gastronomy. Istria (Istra in Croatian), in north-western Croatia, was most

strongly influenced by neighbouring Italy, and has at times been part of Italy. Pasta, gnocchi, polenta and risotto are all common dishes in this part of the country.

This lush, heart-shaped peninsula in the Adriatic is famous for seasonal produce such as truffles (tartufi), wild asparagus (šparoga) and a plentiful supply of fish and shellfish from the local coastline.

Local hero

David Skoko, who has appeared on *MasterChef Croatia*, comes from a family with four generations of fishermen.

His family-run restaurant, Batelina (+385 52 573 767), serves the daily catch in traditional ways, making use of less expensive fish after the best is sold for profit.

'Dishes such as shark liver pâté and monkfish tripe were born under the influence of those crazy uncles and old fishermen who had to eat them in order to prove their manhood,' he says.

'We have worked on these dishes to make them suitable for those with less extreme palates. We want to serve everything that a fishing net takes out of the sea – from first-class fish to the tiny shrimp that keep our waters clean.'





3 things locals are eating now

Raw seafood Often referred to as 'Mediterranean sashimi', raw fish drizzled with olive oil is having a moment with foodies. Damir & Ornella (damir-ornella.com) in Novigrad serves a 'sea-to-plate' raw seafood degustation, artfully filleted tableside. Also, try oysters from the Limski Kanal, prized for their intense, briny flavour.

Olive oil Croatian olive oils received nine awards at the 2016 New York International Olive Oil Convention, six of which were from Istria. A good-quality extra virgin Istrian olive oil has a piquant, peppery taste and a scent evocative of freshly cut grass. Many are produced by individuals or small cooperatives so they have 'local' flavours. You'll find it drizzled on everything.

Marenda This is the equivalent of elevenses, often eaten between 10 and 11am. Since the workday, even in offices, can start at 7am, this provides an energy boost before lunch. Don't expect to get much done while it's marenda time – take a break yourself and look out for set menus which feature soup or dishes such as jota, a bean & sauerkraut stew with bacon, which is like goulash.



5 foodie travel tips

Try a tavern

Locals won't be surprised if you stop them and ask for their favourite local konobas (taverns) – casual establishments where you'll find some of the most authentic cuisine. Try simply grilled fish drizzled with piquant Istrian olive oil and garnished with parsley, paired with a glass of crisp, dry malvazija wine.

Go green

Fresh produce such as deep green blitva, a type of Swiss chard, ruby-hued peppers, purple figs, multi-coloured carrots and giant green cabbages are popular. If you have access to a kitchen, take advantage of green markets and

fish markets, which can be found in almost every town and city. Wandering through stalls offers a good opportunity to mingle with locals who are selling their wares or shopping for food.

Ask about daily specials

Due to the number of English-speaking tourists, almost all restaurant menus in Croatia have English translations, and most servers speak English. It's worth asking about seasonal and off-menu items. Dishes such as maneštra, a vegetable and meat stew, is usually only made at home. It could be the staff meal of the day and they might be willing to serve it to you.

Slow down

Istria's burgeoning slow food movement encourages visitors

to try specialist local ingredients. In Buzet, touted as the city of truffles, Toklarija (+385 91 926 6769) is one of Istria's most intimate fine dining experiences. In his family's 600-year-old converted olive mill, Nevio Sirotić serves a changing daily menu, including truffles in season. The Tartufo Vero project (istria-gourmet.com) lists other premium restaurants in Istria that offer seasonal truffle-based menus.

Drink rakija A distilled spirit made from fruit, rakija is part of Croatian culture and a symbol of hospitality. It is customary to have a glass before and/or after your

Restaurants offer seasonal truffle dishes



meal, and to look your fellow drinkers in the eye, clink glasses, and consume the entire shot at once. Traditional Croatian rakija varieties include travarica (herbal), šljivovica (plum), medica (honey), višnjevac (sour cherry), smokva (fig) and biska (mistletoe).

LifeTM Style

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test kitchen

Expert tips and reviews from **Barney Desmazery** to help you become a better cook

CHEFS' SWAPS

Smoked salt

Many chefs have fallen in love with smoking in recent years, with some using lengthy processes to impart the flavour of a barbecue to dishes. But the clever ones simply season with smoked sea salt – either during cooking or just at the end to add flavour and crunch.

Smoked salt (available from ocado.com), works well on steaks, in beef dishes, and in Mexican stews and braises. It also ups the smokiness of roasted or charred vegetable dishes – I particularly like it with aubergines. (Find a recipe for smoked mash at bbcgoodfoodme.com.)



ASK THE EXPERT

Q What's the best way to care for your wok?

A Jeremy Pang, owner and head teacher at The School Of Wok cookery school (schoolofwok.co.uk) says: 'Woks used to be made of cast iron and were very heavy. These days, the best woks are made of carbon steel, which conducts heat incredibly well – however they need to be seasoned before use. Non-stick woks are easy to clean, but you don't get the same caramelised flavour.'

'To season your carbon-steel wok, scrub it with a scourer, then heat it over a high heat until it turns dark blue. Leave it to cool, then dip a thick pad of kitchen paper in some vegetable oil and rub it all round the wok in a circular motion. Heat the wok again until it starts to smoke. Once the smoke disappears, the wok is ready to use.'

'Never put a wok in the dishwasher, even if it says you can. Instead, wash with soapy water and don't use anything abrasive on a non-stick surface. My top tip to stop rust in any metal pan is to dry it over a high heat until any water has evaporated.'



PICK THE PERFECT

Measuring spoons

There's a huge variety of measuring spoons on the market, and most are impractical. A measuring spoon should be able to hold powders, grains and liquids equally well, and – most importantly – fit into a spice jar.

My favourite set – Oxo Good Grips Spice Jar measuring spoons (Dhs40, [amazon.co.uk](https://www.amazon.co.uk)) – are slim, sturdy and dishwasher-proof, and because the scoops are made of non-porous metal, you won't accidentally make curry cake! I used to have a drawer full of loose, plastic measuring spoons. Now I've decluttered to make room for just this neat bunch.

HOT HACK

When measuring a sticky substance like syrup, honey or treacle, lightly grease the spoon first. This will help the sticky stuff to slip off easily, giving you a more accurate measurement. It also makes the spoon easier to clean.

COOKERY CLASS

Vietnamese masterclass at Waldorf Astoria Palm Jumeirah

Join Chef de Cuisine Mai Nguyen of LAO, Waldorf Astoria Palm Jumeirah for an exclusive interactive cooking class that'll take you on a gastronomic journey to the heart of Vietnam. The bespoke experience starts at the hotel's organic garden, selecting fresh herbs that will be used to compliment ingredients in the three traditional Vietnamese dishes;



mouth-watering fresh Vietnamese rolls, fillet sea bass and grilled banana. At the end of the class, sit down to enjoy your work with a signature ice

tea. The class takes place every Tuesday from 11am – 2pm and is priced at Dhs850 per person. Call 04-8182222 or e-mail [Dubai.restaurants@waldorfastoria.com](mailto:dubai.restaurants@waldorfastoria.com).

HOW TO EAT

Shanghai soup dumplings

The ultimate dim sum dumpling: a perfect parcel of boiling broth. Eat it correctly and you have food heaven, get it wrong and you'll scald your mouth.



1 Carefully lift the dumpling off the steamer – holding it by the top – and onto a soup spoon.



2 Take a small bite out the side or pierce with a chopstick to make a little hole, then use your chopsticks to tip the broth from the dumpling into the spoon.



3 Spoon over condiments and use a chopstick to lightly mix and cool the contents.



4 Testing that it's not too hot, eat the dumpling and broth as a large mouthful. Enjoy and repeat.



YOUR WEEKEND CHALLENGE

Flatbreads

Flatbreads have become a storecupboard staple, but nothing beats them homemade, puffed-up and hot from the oven.

Flatbreads

MAKES 12 **PREP** 20 mins plus 1 hr rising **COOK** 5 mins **MORE EFFORT** **V**

500g plain flour
1 tsp salt
1 tsp golden caster sugar
1 tsp fresh yeast or $\frac{1}{3}$ tsp fast-action dried yeast
150ml full-fat milk
150g pot natural yogurt
60g clarified butter or ghee

1 Put the flour, salt, sugar and yeast in a large bowl and mix well. Heat the milk in a saucepan until lukewarm. Reserving 1 tbsp

of the yogurt, add the rest to the milk and mix thoroughly. Melt the butter and add to the milk and yogurt, mixing well.

2 Pour slowly over the flour and mix together, then knead for 10 mins until you have a springy dough.

Leave to rise in a warm place for about 1 hr until doubled in size.

3 Divide the dough into 10 even-sized balls. Heat the grill to medium and put a large baking tray under it to heat for about 10 mins. Flatten the balls of dough, roll into rough teardrop shapes and spread with the reserved yogurt. Place on the hot baking tray and grill under a moderate heat for 2-3 mins each side until golden. Watch constantly, as they can burn very quickly.

PER FLATBREAD 434 kcals • fat 13g • saturates 7g • carbs 68g • sugars 4g • fibre 3g • protein 11g • salt 0.9g

Kitchen chores countdown

Whether you've got just 10 minutes or an hour, tackle some of those kitchen tasks



Illustrations VICKI TURNER

ESSENTIAL KIT

Scottish 101

Scottish chef Jeremy Lee from Quo Vadis (quovadissoho.co.uk), a veteran of BBC Two's *Great British Menu*, let's us in on the secrets behind great Scottish ingredients.



Why not try something different at your next get together and host a Scottish-themed night? Jeremy's essentials include: **Haggis is vital.** Ours come from Ben Weatherall who owns The Blackface Meat Company (blackface.co.uk). **Whisky** It wouldn't be a Scottish night without a dram.

My personal favourite is Ardbeg (ardbeg.com).

Trifle It must be homemade and should contain whisky-steeped cake with honey and lemon. Serve it in a tall glass dish like this LSA International comport, right.

Cheese I love Isle of Mull Cheddar, which I eat with oat cakes and marmalade.





HOW WE TESTED

We filled each model with the same mixture, which included hard-to-blend ingredients like kale, ginger, ice, frozen fruits and oats. They were blended for one minute, then the smoothies were poured into a glass – the contents needed to be smooth enough to past the ‘straw test’.

We had a checklist of over 10 criteria, which included noise level, sturdiness and cup transportability – we shook each cup vigorously to simulate a bumpy journey to work in a bag.

WHAT WE LOOKED FOR

All ingredients Some of the cheaper models stated that they were only suitable for soft fruits but we wanted makers that could chop through even the toughest kale stalks.

Smooth operators Every model we chose (apart from the Amazon one) blended a completely lump-free smoothie.

Ease of use We preferred models that were easy to turn on, and didn’t like the machines that required holding down the button for them to work.

ON TEST

Smoothie makers

Barney Desmazery and features editor **Natalie Hardwick** blitzed through 15 smoothie makers to bring you their top four

star
buy

BEST ALL-ROUNDER

JML Nutri Blender, Dhs275, [amazon.com](https://www.amazon.com)

Endorsed by Olympic rower James Cracknell, this smoothie maker blitzed our mixture to a lump-free liquid that was verging on silky.

Our testers were impressed with its sturdiness,

how easy it was to clean and the extra milling blade for grinding nuts and spices. The large cup makes enough for two servings, and the screw-on lid means it’s easy to store in the fridge. A little more expensive than the cheaper models on the market, but we felt the extra money spent made all the difference.



BEST BUDGET

AmazonBasics Blend and Go Smoothie Blender, Dhs70, [amazon.com](https://www.amazon.com)

Certainly not perfect but amazing value for money, this was the only model at this price range that blended our concoction of fruit and vegetables just about smooth enough to



be sucked through a straw. The cup is the ideal size to slip into a backpack to take to the gym. A great entry-level model.

BEST MULTIFUNCTIONAL

Vitamix S30, Dhs1,370, [vitamix.co.uk](https://www.vitamix.co.uk)

Yes this is very expensive for a smoothie maker, but you are also getting one of the best blenders on the market – by simply attaching a separate jug you can also make soups, sauces and instant ice cream. The machine was very easy to use



and we liked the variable speeds. If you’re in the market for a blender and smoothie maker, this is definitely better than buying two separate models.

BEST FOR THE FAMILY

Nutribullet RX, Dhs780, [nutribulletrx.com](https://www.nutribulletrx.com)

The most famous bullet just got an upgrade to the most powerful model on the market, which enables it to make more of a smoothie juice than a classic smoothie. Tech-heads will also be impressed with the way this model operates automatically and stops



when it senses that the smoothie is done, plus it comes with a heated element that makes soup.

5 OTHER USES FOR A SMOOTHIE MAKER

Nut milks Whizz up your own dairy-free milk alternatives. Find a recipe for almond milk at [bbcgoodfood.com](https://www.bbcgoodfood.com).

Curry in a hurry You’ll need to add a splash of water or coconut milk, but a smoothie maker is ideal for whizzing up a curry paste.

Flavoured oils For a herb oil, a bullet gives you pure emerald oil where other devices just turn the herbs to sludge.

Amazing milkshakes A smoothie maker glides through ice cream, biscuits and nuts.

Perfect parfait Chef Tom Oldroyd ([oldroydlondon.com](https://www.oldroydlondon.com)) tells us that he uses his for blitzing the smoothest chicken liver parfait.

STEP BY STEP

Tempura squid

Roy Brett creates crispy, light-as-air tempura squid with a spicy dipping sauce in the *Good Food* Test Kitchen

photographs DAVID COTSWORTH



Roy Brett worked with Mark Hix and Rick Stein before opening Edinburgh's Ondine (ondinerestaurant.co.uk) in 2009. The restaurant focuses on sustainable British seafood, mostly sourced from the local Newhaven Harbour. [@OndineEdin](https://twitter.com/OndineEdin)

Squid tempura with nam jim sauce

This is by far the most popular dish on our menu at Ondine.

We sell over 700 portions of squid every week. We once took it off for a change and were quickly taken to task by our regulars to bring it back immediately. It's a great sharing-style starter.

You can prepare your squid in advance and keep it in the fridge (or ask your fishmonger to prep it for you). But leave making the batter until you're ready to serve, as you want it to be ice-cold when it hits the fryer. The colder the batter, the lighter and crispier your squid will be.

SERVES 4 PREP 50 mins plus chilling COOK 10 mins MORE EFFORT

3 medium squid
vegetable oil, for frying
1 lime, to serve
For the nam jim sauce
50g light brown sugar
40ml lime juice (about 3-4 limes)
40ml nam pla fish sauce
2 red chillies, finely chopped
4 garlic cloves, finely chopped
30g ginger, finely chopped
50g roasted cashews or peanuts, finely chopped
½ small pack coriander, chopped (use the rest below)

For the batter
70g cornflour
30g plain flour
80ml sparkling water, chilled
small handful crushed ice
½ small pack coriander, chopped

1 To prepare the squid, reach inside the body and gently release the inners. Carefully pull the tentacles, trying to bring all of the inners away from the body, with the ink sac intact (don't worry if it doesn't stay intact, it just makes for cleaner preparation if it does).

2 To prepare the tentacles, cut just above the eyes and

halve any long tentacles – keep them whole if they aren't too long. Discard the inners and head.

3 Remove the quill from inside the body (reach inside and it will come away easily – it looks like a piece of plastic) and discard.

4 With your fingers, remove the wings from either side of the squid's body. Pull off and discard the skin from the wings and body, setting these aside.

5 Prepare the body. You will see a line where the quill sat – simply run a sharp knife along that line to open up the body. Score the inside part of the body and slice into bite-sized pieces. Rinse the tentacles, wings and body well, then transfer to a bowl of ice-cold water, ready for cooking.

6 To make the dipping sauce, dissolve the sugar in the lime juice and fish sauce. Mix in the chilli, garlic, ginger and nuts, and set aside.

7 To make the batter, mix the flours with a pinch of sea salt and a pinch of freshly ground white pepper. Whisk in the sparkling water and crushed ice, then fold in the coriander.

8 Heat the oil in a deep-fat fryer or large heavy-based saucepan (no more than half-full) to 180C, or until a piece of bread browns in about 45 secs. Drain the squid, tip into the batter and mix well. Fry in two batches, rubbing the squid gently with your fingers as it enters the hot oil, to separate the pieces. Cook for 2-3 mins until crisp and lightly coloured, then drain on kitchen paper and season.

9 Add the coriander to the dipping sauce and pour into a little dish. Pile the squid around it and squeeze over the lime juice.





WIN!

A special 6-course menu for 8 at Dragonfly by Tim Raue, worth over Dhs4,000!

Win a special six-course menu paried with Jines for eight people at two-Michelin-star chef Tim Raue's new restaurant, Dragonfly at City Walk, Dubai.

With two-Michelin-star chef Tim Raue's culinary masterpieces in tow, Dragonfly, a contemporary Asian restaurant with rich flavours and sophisticated textures, has arrived in Dubai. Berlin-born Raue, a household name in Germany, and an international brand known for his culinary concepts and world-class dining experiences. He made his mark with the Restaurant Tim Raue awarded with two Michelin stars and 19 points in Gault & Millau as well as number 34 on "The World's 50 Best Restaurants" in 2016.

Characterised by a free-spiritedness in concept, neatness in preparation and minimalism in presentation, the Dragonfly's menu is a well-packaged line-up of glorious colours, delicately balanced textures and complementary flavours. Raue's famed talent for bringing together disparate textures for a superlative gastronomic experience is manifest in his signature dishes, especially the Wasabi Langoustine, a roller-coaster of textures and flavours that incorporates hot and cold; sweet, sour and spicy; crispy, smooth and

tender. Based on the Wasabi Prawn, delectable langoustines take centre-stage in this perennial favourite. Deep-fried in tempura dough and covered with wasabi mayonnaise and green riceflakes, the dish is balanced by the tangy sweetness of Thai mango jelly and a Thai street-style dressing.

The Peking duck, one of the first signature dishes of Tim Raue, is also recreated at the Dragonfly, using a whole duck instead of just the crispy duck skin. With a nose to tail concept in play, the dish features three plates - the first loaded with roasted duck breast with crispy skin, leek, green apple and a sauce made with duck feet; the second with hot stock made from the legs and bones of the duck and flavoured by winter melon, bamboo mushroom, duck gizzards and duck hearts and the third, a cold mousse of foie gras served with barbeque sauce, pickled cucumber as well as a leek and ginger puree.

Visit Dragonfly social media channels for more info: Instagram @dragonflydubai | Facebook @dragonflyDubai

The prize draw for a special six-course menu for eight at Dragonfly by Tim Raue will be made at the end of March 2017. Prize certificate cannot be exchanged for cash, is not transferable, is not for resale. Booking in advance is required and subject to availability.

SCAN THIS QR CODE TO GO STRAIGHT TO OUR WEBSITE.



Log on to bbcgoodfoodme.com

to enter this competition and simply answer this question:

Where does chef Tim Raue come from?

*Terms & conditions apply. Flights are not included in this prize. Employees of CPI Media Group are not eligible to enter. Winners will be selected on random basis from correct entries.



WIN!

A luxurious stay at Southern Sun Abu Dhabi with brunch for 2, worth over Dhs2,500!

Win a night's stay at Southern Sun Abu Dhabi with Blu Sky Brunch and after party for two!

Situated in the heart of the capital's business district, the Southern Sun Abu Dhabi hotel offers guests state-of-the-art refinement and luxury, coupled with attractive contemporary design and exotic yet subtle Arabesque influences.

The property's 353 luxurious and beautifully appointed rooms ensure a high level of comfort and privacy. The luxury accommodation includes complimentary WiFi as well as a host of other in-room amenities. The Abu Dhabi hotel showcases a uniquely refined level of hospitality, comfort and service. With a location that offers easy access to the nearby

airport, as well as proximity to several of the city's most renowned tourist districts and business hubs, the hotel is a hospitality landmark for leisure and business travellers alike.

The latest addition to the capital's brunch scene, Blu Sky Lounge & Grill Brunch serves up its most popular dishes in an à la carte set menu. Celebrate Fridays with endless house pours, sumptuous sharing platters, gastro pub fare and classic British roasts. Then, keep your Friday frolic spirit going and join the beats at Blu Sky Lounge & Grill with our live duo that will keep you going with a collection of your favourites classic hits.

The prize draw for the luxurious stay at Southern Sun Abu Dhabi will be made at the end of March 2017. Booking is subject to availability and transportation to Abu Dhabi is not provided.

Log on to bbcgoodfoodme.com

to enter this competition and simply answer this question:

What is the name of the lounge located at Southern Sun Abu Dhabi?

**SCAN THIS QR CODE
TO GO STRAIGHT TO
OUR WEBSITE.**



*Terms & conditions apply. Flights are not included in this prize. Employees of CPI Media Group are not eligible to enter. Winners will be selected on random basis from correct entries.

COMPETITIONS

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs.



WIN!

A DINING VOUCHER FOR ZEPHYR ROOFTOP RESTAURANT & LOUNGE! WORTH DHS300

Enjoy a laid back evening over food, shisha and drinks whilst relaxing at Dubai's highest al fresco rooftop

lounge, Zephyr Rooftop Restaurant & Lounge. Whether you wish to while away the evening with friends or grab something delicious to eat before partying the night away, Zephyr is the place for you. The international menu provides small bites and large sharing platters, washed down with refreshing drinks from the bar. The resident DJ spins the latest chill out and party tunes, as you enjoy the perfect evening out under the stars. For more information, visit warwickhotel.com/dubai or call 04 506 9636 to make a reservation.



WIN!

THE ENTERTAINER FINE DINING 2017 APP! WORTH DHS495

There's nothing better than a luxury meal, unless it's two luxury meals for the price of one! Packed with fantastic offers of Dubai's best restaurants, the Entertainer Fine Dining App has quickly become an essential for foodies in the region and now you have the chance to get your hands on it for free. Featuring over 1,000 Buy One Get One Free offers, the Entertainer Fine Dining App opens the door to high end restaurants and up

market bars, including renowned names such as Asia Asia, El Sur, The Meat Co. and Al Iwan in the Burj Al Arab. The 2017 version showcases amazing new inclusions such as Bread Street Kitchen & Bar, Yuan and Toko Dubai as well as over 500 Buy One Get One Free at hotels across the Middle East, Asia and Africa.



WIN!

5 BOTTLES OF YAYA MULTI VITAMINS! WORTH DHS310

Children's palates can take time to develop and getting them to eat the dull as well as the delicious is often challenging. Naturally, parents worry that their children are missing out on some of the essential vitamins and nutrients that they need to be healthy. YaYa Vitamins are here to take this worry away. As part of a healthy and nutritious diet, YaYa Multi provides your child with the ideal balance of vitamins that helps to maintain their overall wellbeing and health. The vitamins are

flavoured with real fruit juices and come in the form of chewable animal shaped gums. YaYa vitamins are also free from preservatives, artificial colours, gelatin, egg, milk, soy, peanuts and tree nuts. Each tamper-proof bottle contains 60 vitamins, sufficient for a one-month supply.



WIN!

FRIDAY SUSHI BRUNCH FOR 4 AT SUSHISAN! WORTH DHS715

SushiSan offers you the freshest sushi dishes made by talented chefs – great taste with a reasonable price to match. SushiSan take pride in serving modern

sushi creations, and the unlimited Sushi Brunch takes place every Friday from 12.30pm to 4pm. Ideally located on the ground floor of the Holiday Inn Abu Dhabi, SushiSan is the perfect place to enjoy freshly made rolls and converse with friends over sake. Why don't you make a booking and try it out for yourself? For reservations contact 800 SUSHISAN (78744726), or sushi@sushisan.ae.



WIN!

A HAPPYRITIVO DINNER FOR 2 AT MERLETTO WITH FREE FLOWING GRAPE! WORTH DHS300

Set an Italian tone to your weekend with our Happyritivo Thursdays and Fridays

at Merletto. You can enjoy specialty canapés with free flowing house grape. From Arancini (saffron risotto dumplings) and Frittata Di Verdure (egg frittata with sautéed vegetables) to Cozze Alla Mediterranea (baked mussels with Mediterranean sauce) and Pizelle Fritte (deep-fried pizza balls with sundried tomatoes), this Happyritivo canapé menu gives you the chance to sample Italy's classic bites. For reservations call 04-3177777.



WIN!

A DINING VOUCHER FOR JIMMY WICKETS SPORTS BAR & LOUNGE! WORTH DHS300

Catch all the latest sporting action and cheer on your team over drinks and bar

bites at Jimmy Wickets Sports Bar & Lounge. With large screens and a relaxed atmosphere, this is the ideal place to chill out with friends and enjoy your favourite sports, while feasting on classic feel-good food and flowing beverages. For those looking for more of a party atmosphere, the vibrant music will get you on your feet, as you feel your post-work stress seep away. For more information, visit warwickhotel.com/dubai or call 04-5069636 to make a reservation.our customer's expectations.



WIN!

HIGH TEA FOR 2 IN PEACOCK ALLEY, WALDORF ASTORIA RAS AL KHAIMAH! WORTH DHS240

A famed Waldorf Astoria tradition, Peacock Alley is an impressive

signature lounge with all the signs of the magnificent plumage and parading that is assimilated with the peacock. Serving the world's finest coffees and light bites, the lounge is a fabulous meeting space throughout the day where Waldorf signature dishes are served, including the renowned Waldorf Salad.



To be in with a chance of winning these prizes, visit our competitions page on www.bbcgoodfoodme.com, or simply scan this QR code with your mobile to go directly to the website, and answer the simple questions.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.



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